

Kentucky Behavioral Risk Factor Surveillance System

2000 Report

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ACKNOWLEDGMENTS

The Behavioral Risk Factor Surveillance System (BRFSS) is a collaborative effort of the Kentucky Department for Public Health and the Centers for Disease Control and Prevention (CDC). In Kentucky, this on-going surveillance was initiated in 1985. Administrative responsibility is within the Division of Epidemiology and Health Planning.

This report was prepared by Sara Robeson, MA, MSPH, Health Policy Specialist II.

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The cover picture of the two cyclists on Old Frankfort Pike was contributed by the Kentucky Department of Travel, kentuckytourism.com.

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Introduction

Kentucky BRFSS 2000 Report

What data are included in this report?

This report contains statewide prevalence estimates of risk factors and health behaviors from the 2000 Behavioral Risk Factor Surveillance System (BRFSS). Each topic is cross-tabulated by demographic group and Area Development District (ADD).

What is the BRFSS?

The BRFSS is a telephone health survey jointly sponsored by the Centers for Disease Control and Prevention (CDC) and the Kentucky Department for Public Health. The survey is randomly administered to non-institutionalized civilian adults who are living in a household with a telephone. Participation in the survey is strictly voluntary. Personal identifying information, such as name or address, is not collected. In Kentucky, the BRFSS has been conducted continuously since 1985.

How is the survey conducted?

Kentucky currently uses disproportionate stratified sampling to obtain a random sample of Kentucky telephone numbers. Once an interviewer reaches a household, a member of the household 18 years of age or older is randomly selected to be interviewed. Surveyors conduct interviews six days a week (Monday through Saturday). The number of completed interviews has increased each year, but the most dramatic increase occurred from approximately 3700 respondents in 1998 to 7500 respondents in 1999. There were approximately 6400 respondents in 2000.

What is a prevalence estimate?

The prevalence is the proportion of people in a population with a certain condition or health behavior. The data included in this report are statewide prevalence estimates of certain risk factors and health behaviors.

Data from all respondents interviewed are weighted to determine the prevalence estimate. Weighting adjusts for over sampling or under sampling of certain subgroups and allows the survey responses to be projected to a state estimate. Factors in weighting include the number of telephone numbers per household, the number of adults in a household, and the demographic distribution of the sample. Only crude estimates are included in this report. The data are not age adjusted.

How can this report be used?

Data from this report can be used in many of the following ways:

- To analyze health trends
- To develop policies and legislation
- To plan and to measure the progress of prevention initiatives
- To educate the public about risk behaviors and preventive health practices
- To monitor health goals, such as those stated in *Healthy Kentuckians 2010*, a document that provides the state's health agenda and guides health policy

The *Healthy Kentuckians 2010* goals that are related to the risk factors in this report are included in the appendices. This report also includes data for each ADD so the information can be used on a more local level.



Introduction (Continued)

Kentucky BRFSS 2000 Report

How were the data analyzed?

Data were analyzed using SAS 8.1 and SAS Callable SUDAAN 7.5.4A. A precalculated weighting variable provided by the CDC was used to weight the data. Data estimates for fewer than fifty respondents are considered unreliable by the CDC and were not included in this report.

What are the limitations to the data?

There are two main limitations to BRFSS data, non-coverage bias and self-report bias. These limitations should not hinder the use of BRFSS data, but should be considered.

Non-coverage bias

The BRFSS is a telephone survey. According to the 2001 Census Population Estimate, 6.5% of Kentuckians were without telephones. This population is not reached, and could have socio-economic differences from the survey population.

The BRFSS only surveys adults in households. No person would be surveyed who lived in any type of group setting, such as a nursing home, college dormitory, the military, or prison.

Self-report bias

The BRFSS survey relies on self report. That means that the prevalence estimates are strictly based on the respondents answers to the questions. The tendency to report a more healthy lifestyle may occur.

How is this report organized?

This report is organized into two sections: the main report and the appendices.

Main Report

This section contains a summary of all risk factors and health behaviors and two pages of information on each topic.

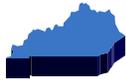
The first page describes each topic and lists prevalence estimates for each year by gender, race, age, education, and household income. The data presented excludes missing, refused and “don’t know” responses. Special information on each topic is included in bulleted comments. Confidence intervals are included with each estimate.

The confidence interval is the range of values where the actual prevalence should be. This report used a 95% confidence interval. This means that if the survey were conducted several times, the true value would fall in the range 95% of the time.

The second page of each topic includes data related to the ADDs. At the top of the page there is map of Kentucky which includes the prevalences for each ADD. At the bottom of the page there is a table containing the prevalences of the risk factor or health behavior by national median, Kentucky, and ADD.

Appendices

Certain risk factors have related *Healthy Kentuckians 2010* goals. These goals are included in the appendices as well as a comparison of the Kentucky BRFSS sample to Kentucky’s population.



Summary of Risk Factors and Health Behaviors

Kentucky BRFSS 2000 Report

Listed below are important facts about each risk factor and health behavior. Respondents are age 18 and older unless stated differently. Definitions for each risk factor and health behavior are presented later in the report with each topic section.

Health Status

General Health: Fair or Poor

- In Kentucky, 21.6% of the adult population consider their health status to be fair or poor. The prevalence of fair or poor health status increases with age. 42.4% of those Kentuckians age 65 and older have a health status of fair or poor.

Health Status

Frequent Physical Problems

- In Kentucky, 12.6% of the adult population have frequent physical health problems. Those Kentuckians with an income level of less than \$15,000 have the highest prevalence at 27.7%.

Health Status

Frequent Mental Distress

- Approximately 15% of the adult population have frequent mental distress. The prevalence of females with frequent mental distress, 17.8%, is higher than the prevalence among males, 11.7%. The prevalence among Whites is 15.2% compared to 10.1% among African Americans.

Health Care Access

Lack of Health Care Coverage

- In Kentucky, 14.1% of the adult population do not have health care coverage. Approximately 20% of African Americans are without health care coverage compared to 14% of Whites. About one fourth of Kentuckians age 18-24 are without health insurance. However, only about 3% of Kentuckians age 65 and older are without some form of health care coverage.

Health Care Access

Cost as a Barrier to Health Care

- Approximately 14% of the adult population experienced a time in the past year when they could not see a doctor because of the cost. The prevalence was higher among females, 16.0%, compared to males, 11.3%. Among those with less than a high school education, 21.4% could not see a doctor because of the cost. This compares to only 5.7% of college graduates.

Asthma

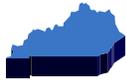
- In Kentucky, 7.8% of the adult population have asthma. The prevalence is higher among females, 9.8%, compared to males, 5.5%. Among household income levels, those with an income of less than \$15,000 have the highest asthma prevalence at 14.8%, while those with an income of greater than \$50,000 have the lowest prevalence at 5.4%.

Diabetes

- Of the adult Kentucky population, 6.5% have been told by a doctor that they have diabetes. In 2000, approximately the same percentage of males, 6.9%, as females, 6.1%, had ever been told by a doctor that they have diabetes.

Providing Care to the Elderly

- In Kentucky, 18.0% of the adult population have provided regular care to an elderly friend or relative in the past month. A higher percentage of females 20.0%, compared to males, 15.8%, have provided care in the past month. There is no true difference in prevalence among education levels or household income levels.



Summary of Risk Factors and Health Behaviors (Continued)

Kentucky BRFSS 2000 Report

Listed below are important facts about each risk factor and health behavior. Respondents are age 18 and older unless stated differently. Definitions for each risk factor and health behavior are presented later in the report with each topic section.

Tobacco Use Ever Smoked Cigarettes

- Approximately 54% of the Kentucky adult population have ever smoked cigarettes. The prevalence of ever smoking cigarettes is higher among males, 60.8%, compared to females, 46.9%.

Tobacco Use Current Cigarette Smoking

- In Kentucky, 30.5% of the adult population are current smokers. The prevalence of current smoking is higher among males, 33.4%, compared to females, 27.9%. Among age groups, the highest prevalence at 38.7% is among those age 18 to 24 while the lowest prevalence at 11.6% is among those age 65 and older.

Tobacco Use Not Trying to Quit Smoking

- Approximately 52% of the Kentucky adult population who smoke everyday have not tried to quit smoking. The prevalence is higher among Whites, 53.1%, compared to African Americans, 31.8%.

Less than Five Fruits and Vegetables a Day

- Of the adult Kentucky population, 77.3% consume less than five fruits and vegetables a day. A higher percentage of males at 81.0% consume less than 5-a-day compared to females at 74.1%. Approximately 77% of whites consume less than 5-a-day compared to approximately 83% of African Americans.

Weight Control Trying to Lose Weight

- In Kentucky, 35.7% of the adult population are trying to lose weight. Far more women, 41.8%, than men, 28.9% are trying to lose weight.

Weight Control Overweight

- In Kentucky, 61.0% of the adult population are overweight. Considerably fewer women, 53.4%, than men, 68.9%, are overweight. A higher percentage of African Americans, 72.1%, are overweight compared to Whites, 60.5%.

Weight Control Obesity

- The percentage of Kentuckians who are obese has increased from 16.9% in 1995 to 23.0% in 2000. Approximately the same percentage of males and females are obese.

Exercise Lack of Any Type of Physical Activity

- In Kentucky, 41.1% of the adult population do not participate in any type of physical activity. Approximately the same percentage of males, 40.0%, and females, 42.1%, are sedentary.

Exercise Lack of Regular and Sustained Physical Activity

- Of the adult Kentucky population, 85.7% do not participate in regular and sustained physical activity. About the same percentage of Whites, 85.7%, and African Americans, 86.3%, do not participate in regular and sustained physical activity.



Summary of Risk Factors and Health Behaviors (Continued)

Kentucky BRFSS 2000 Report

Listed below are important facts about each risk factor and health behavior. Respondents are age 18 and older unless stated differently. Definitions for each risk factor and health behavior are presented later in the report with each topic section.

Women's Health

No Breast Cancer Screening within the Past Two Years

- In Kentucky, 30.2% of the Kentucky female population age 50 and older have not had a mammogram and a clinical breast exam in the past two years. Approximately 31% of White women age 50 and older have not been screened for breast cancer, compared to only 21% of African American women.

Women's Health

No Cervical Cancer Screening within the Past Three Years

- In Kentucky, 13.6% of the adult female population have not had a Pap test in the past three years. Fourteen percent of white females have not had a Pap test in the past three years. This prevalence is considerably higher than for African Americans, 4.1%.

HIV Testing in the Past Year

- Of the Kentucky population age 18 to 64, 14.1% have been tested for HIV in the past year. Approximately the same percentage of males and females have been tested for HIV in the past year. A higher percentage of African Americans, 21.7%, have been tested compared to Whites, 13.4%.

Ever Had a Heart Attack or Myocardial Infarction

- In Kentucky, 5.4% of the adult population have ever been told by a doctor that they had a heart attack or myocardial infarction (MI). A higher percentage of males, 7.0%, have had a heart attack or MI compared to females, 3.9%. Of Kentuckians age 65 and older, 14.4% have ever had a heart attack or MI.

Ever Had a Stroke

- In Kentucky, 2.8% of the adult population have ever been told by a doctor that they had a stroke. About the same percentage, 3%, of males and females have ever had a stroke.

Arthritis

- Forty percent of the Kentucky adult population have arthritis. The prevalence of arthritis among females is 41.9% compared to 37.9% among males.

Activity Limitation

- In Kentucky, 22.6% of the adult population experience activity limitations because of an impairment or health problem. Among the age groups, those age 65 and older have the highest prevalence, 37.4%, while those age 18-24 have the lowest prevalence, 8.8%.

Folic Acid

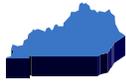
Women Who Do Not Take Folic Acid Daily

- Of Kentucky women age 18-44, 57.6% do not take a vitamin or supplement containing folic acid daily. The prevalence is very similar among White, 57.5%, and African American, 60.9%, women. Among the age groups, the highest prevalence of not taking folic acid, 60.7%, was among the 35-44 age group.

Folic Acid

Not Aware that Folic Acid Prevents Birth Defects

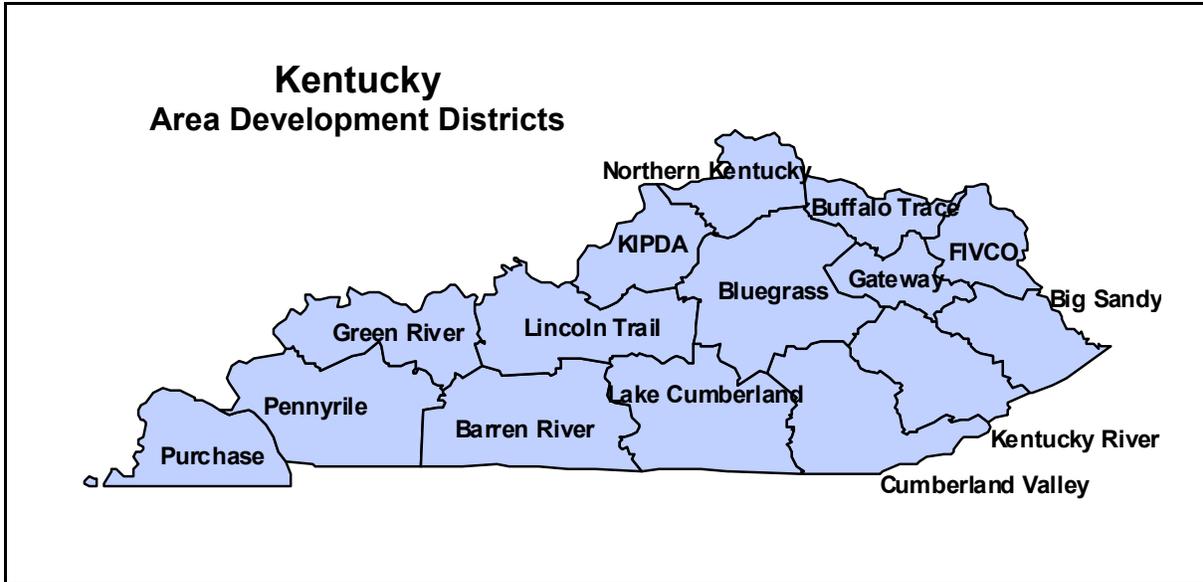
- Fifty five percent of Kentucky women age 18-44 are not aware that folic acid helps prevent birth defects. Approximately 65% of African American women compared to 54% of White women, are not aware that folic acid prevents birth defects.



Area Development Districts

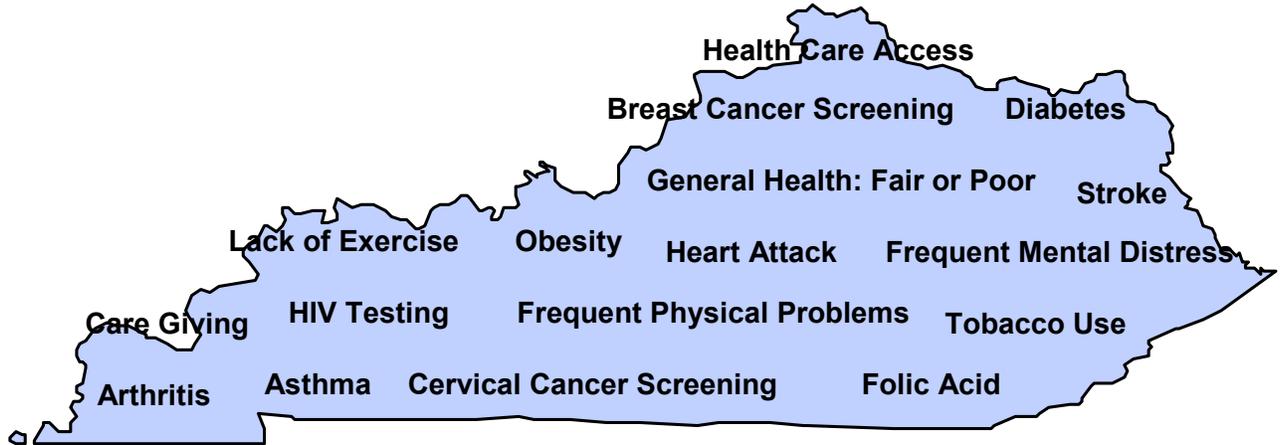
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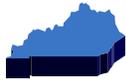
Kentucky has 120 Counties that are divided into 15 Area Development Districts (ADDs) for the planning of a variety of programs. Data in this report are analyzed by ADDs rather than by county because for most counties the sample size was too small for reliable estimates.



Counties In Each Area Development District	
Barren River:	Allen, Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Monroe, Simpson, Warren
Big Sandy:	Floyd, Johnson, Magoffin, Martin, Pike
Bluegrass:	Anderson, Bourbon, Boyle, Clark, Estill, Fayette, Franklin, Garrard, Harrison Jessamine, Lincoln, Madison, Mercer, Nicholas, Powell, Scott, Woodford
Buffalo Trace:	Bracken, Fleming, Lewis, Mason, Robertson
Cumberland Valley:	Bell, Clay, Harlan, Jackson, Knox, Laurel, Rockcastle, Whitley
FIVCO:	Boyd, Carter, Elliott, Greenup, Lawrence
Gateway:	Bath, Menifee, Montgomery, Morgan, Rowan
Green River:	Daviess, Hancock, Henderson, McLean, Ohio, Union, Webster
Kentucky River:	Breathitt, Knott, Lee, Leslie, Letcher, Owsley, Perry, Wolfe
KIPDA:	Bullitt, Henry, Jefferson, Oldham, Shelby, Spencer, Trimble
Lake Cumberland:	Adair, Casey, Clinton, Cumberland, Green, McCreary, Pulaski, Russell, Taylor, Wayne
Lincoln Trail:	Breckinridge, Grayson, Hardin, Larue, Marion, Meade, Nelson, Washington
Northern Kentucky:	Boone, Campbell, Carroll, Gallatin, Grant, Kenton, Owen, Pendleton
Pennyrile:	Caldwell, Christian, Crittenden, Hopkins, Livingston, Lyon, Muhlenberg, Todd, Trigg
Purchase:	Ballard, Calloway, Carlisle, Fulton, Graves, Hickman, McCracken, Marshall

Risk Factors and Health Behaviors





Health Status: General Health is Fair or Poor

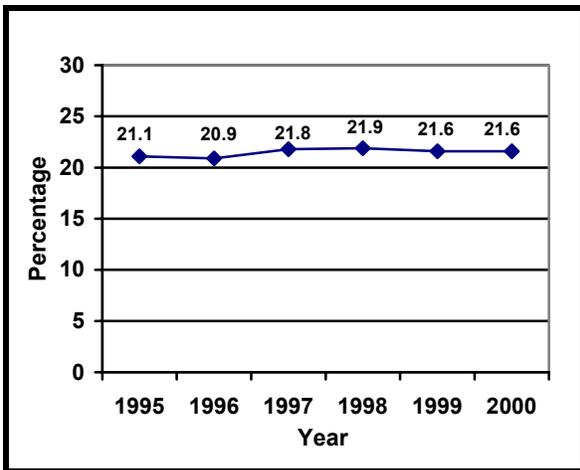
Kentucky BRFSS 2000 Report

Definition :

Individuals 18 and older who stated that their health was fair or poor when asked the question, "Would you say that in general your health is excellent, very good, good, fair or poor?"

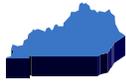
- In Kentucky, 21.6% of the adult population consider their health status to be fair or poor.
- The percentage of females with fair or poor health status is 22.5% compared to 20.6% of males.
- The prevalence of fair or poor health status increases with age. 42.4% of those Kentuckians age 65 and older have a health status of fair or poor.
- Those Kentuckians whose household income is less than \$15,000 have the highest percentage of fair or poor health status at 50.3%.

General Health: Fair or Poor BRFSS, Kentucky Statewide Data



General Health: Fair or Poor by Demographic Groups Kentucky BRFSS 2000		
Demographic Groups	%	95% (CI)
Total	21.6	(20.3 - 23.0)
Gender		
Male	20.6	(18.7 - 22.7)
Female	22.5	(20.7 - 24.3)
Race		
White/NH	21.5	(20.2 - 22.9)
African American/NH	24.6	(18.6 - 31.9)
Age		
18-24	7.5	(4.6 - 12.0)
25-34	12.3	(9.7 - 15.6)
35-44	11.3	(9.2 - 13.6)
45-54	24.4	(21.4 - 27.7)
55-64	33.2	(29.3 - 37.3)
65+	42.4	(39.0 - 45.9)
Education		
Less than H.S.	47.1	(43.6 - 50.7)
H.S. or GED	20.4	(18.4 - 22.6)
Some Post H.S.	14.8	(12.2 - 17.8)
College Graduate	6.2	(4.7 - 8.1)
Household Income		
Less than \$15,000	50.3	(45.7 - 55.0)
\$15,000 - 24,999	29.6	(26.3 - 33.2)
\$25,000 - 34,999	15.7	(12.8 - 19.1)
\$35,000 - 49,999	11.7	(9.1 - 14.9)
\$50,000 +	5.0	(3.5 - 7.1)

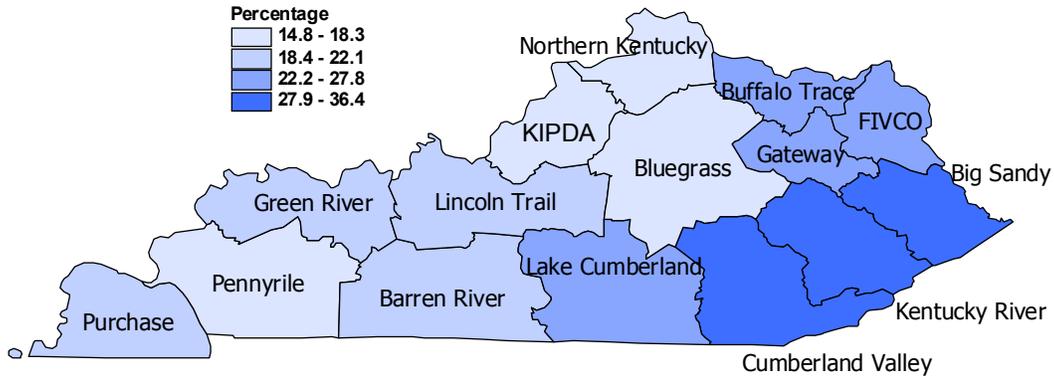
Missing, "Don't Know", and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic



Health Status: General Health is Fair or Poor

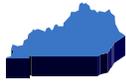
Kentucky BRFSS 2000 Report

General Health: Fair or Poor 2000 BRFSS Data by Area Development District



General Health: Fair or Poor by Nation, Kentucky, and ADD BRFSS 2000		
	%	95% (CI)
National Median*	14.0	
Total Kentucky	21.6	(20.3 - 23.0)
ADDs		
Barren River	21.4	(17.6 - 25.8)
Big Sandy	34.7	(29.5 - 40.4)
Bluegrass	18.2	(14.7 - 22.3)
Buffalo Trace	23.8	(19.1 - 29.3)
Cumberland Valley	32.8	(27.9 - 38.1)
FIVCO	27.4	(22.6 - 32.8)
Gateway	25.4	(20.9 - 30.4)
Green River	19.0	(15.1 - 23.6)
Kentucky River	36.4	(31.4 - 41.6)
KIPDA	18.3	(14.6 - 22.6)
Lake Cumberland	27.8	(23.3 - 32.7)
Lincoln Trail	22.1	(18.2 - 26.7)
Northern Kentucky	14.8	(11.4 - 19.1)
Pennyrile	17.8	(14.4 - 21.9)
Purchase	22.0	(18.1 - 26.4)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., and Puerto Rico. The confidence interval is not available.



Health Status: Frequent Physical Problems

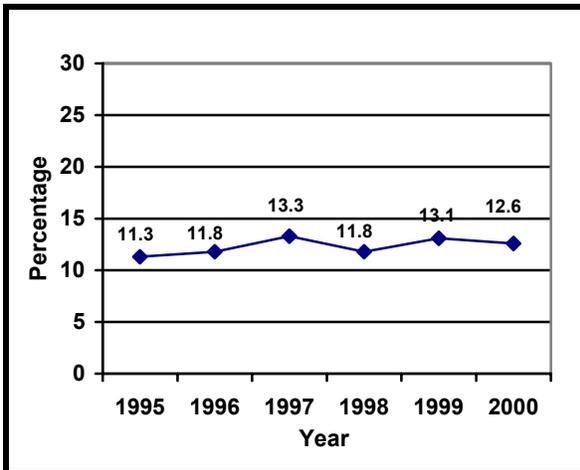
Kentucky BRFSS 2000 Report

Definition :

Individuals 18 and older who stated that they had 14 or more days of poor physical health when responding to the question, "Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?"

- In Kentucky, 12.6% of the adult population have frequent physical health problems.
- The prevalence of frequent physical health problems was similar between males and females.
- The prevalence of frequent physical health problems increases with age. Of those age 18-24, 3.2% have frequent physical problems compared to 21.9% of those age 65 and older.
- Those Kentuckians with an income level of less than \$15,000 have the highest prevalence of frequent physical problems at 27.7%.

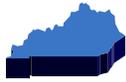
**Frequent Physical Problems
BRFSS, Kentucky Statewide Data**



**Frequent Physical Problems
by Demographic Groups
Kentucky BRFSS 2000**

Demographic Groups	%	95% (CI)
Total	12.6	(11.5 - 13.6)
Gender		
Male	12.3	(10.7 - 13.8)
Female	12.9	(11.4 - 14.3)
Race		
White/NH	12.9	(11.7 - 14.0)
African American/NH	8.6	(4.5 - 12.6)
Age		
18-24	3.2	(1.4 - 4.9)
25-34	6.8	(4.9 - 8.8)
35-44	8.5	(6.5 - 10.5)
45-54	15.6	(12.8 - 18.4)
55-64	20.0	(16.4 - 23.6)
65+	21.9	(19.0 - 24.9)
Education		
Less than H.S.	27.0	(24.0 - 30.1)
H.S. or GED	11.5	(9.7 - 13.2)
Some Post H.S.	8.9	(7.0 - 10.8)
College Graduate	4.6	(3.0 - 6.1)
Household Income		
Less than \$15,000	27.7	(23.8 - 31.6)
\$15,000 - 24,999	18.6	(15.5 - 21.6)
\$25,000 - 34,999	6.6	(4.4 - 8.7)
\$35,000 - 49,999	6.1	(4.2 - 8.1)
\$50,000 +	5.6	(2.8 - 8.3)

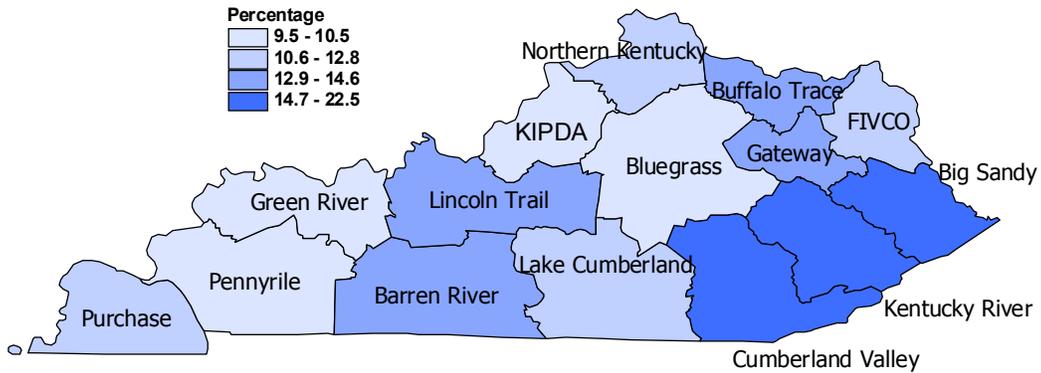
Missing, "Don't Know", and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic



Health Status: Frequent Physical Problems

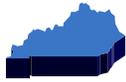
Kentucky BRFSS 2000 Report

Frequent Physical Problems 2000 BRFSS Data by Area Development District



Frequent Physical Problems by Nation, Kentucky, and ADD BRFSS 2000		
	%	95% (CI)
National Median*	9.8	
Total Kentucky	12.6	(11.5 - 13.6)
ADDs		
Barren River	13.2	(9.8 - 16.6)
Big Sandy	21.2	(16.6 - 25.8)
Bluegrass	10.5	(7.4 - 13.5)
Buffalo Trace	14.0	(10.1 - 17.9)
Cumberland Valley	22.5	(18.0 - 27.0)
FIVCO	12.3	(9.0 - 15.5)
Gateway	14.4	(10.6 - 18.2)
Green River	9.5	(6.4 - 12.6)
Kentucky River	20.4	(16.3 - 24.5)
KIPDA	10.0	(6.9 - 13.1)
Lake Cumberland	11.8	(8.7 - 14.8)
Lincoln Trail	14.6	(11.1 - 18.2)
Northern Kentucky	11.2	(7.8 - 14.5)
Pennyrile	10.3	(7.3 - 13.2)
Purchase	12.8	(9.6 - 16.0)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., and Puerto Rico. The confidence interval is not available.



Health Status: Frequent Mental Distress

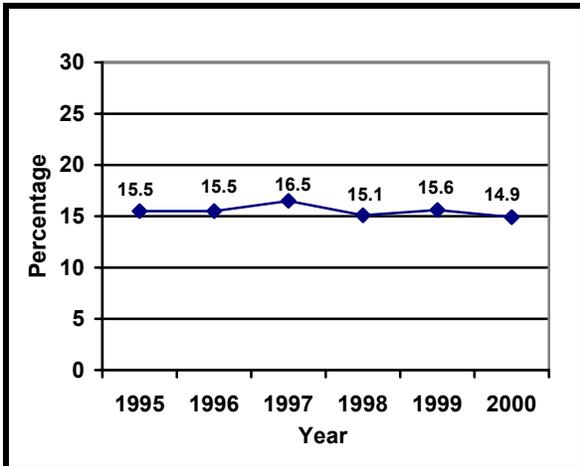
Kentucky BRFSS 2000 Report

Definition :

Individuals age 18 and older who stated that they had 14 or more days of poor mental health when responding to the question, "Now thinking about your mental health, which includes stress, depression and problems with emotions, for how many days during the past 30 days was your mental health not good?"

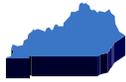
- In Kentucky, 14.9% of the adult population experience frequent mental distress.
- The prevalence of females with frequent mental distress, 17.8%, is higher than the prevalence among males, 11.7%.
- The prevalence among Whites is 15.2% compared to 10.1% among African Americans.
- Among age groups, the highest prevalence of frequent mental distress, 18.5%, is experienced by those Kentuckians in the 45 to 54 age group.

**Frequent Mental Distress
BRFSS, Kentucky Statewide Data**



Frequent Mental Distress by Demographic Groups Kentucky BRFSS 2000		
Demographic Groups	%	95% (CI)
Total	14.9	(13.6 - 16.1)
Gender		
Male	11.7	(10.0 - 13.3)
Female	17.8	(16.1 - 19.6)
Race		
White/NH	15.2	(13.9 - 16.5)
African American/NH	10.1	(5.2 - 15.0)
Age		
18-24	13.4	(9.2 - 17.5)
25-34	14.9	(11.9 - 17.9)
35-44	16.2	(13.4 - 19.0)
45-54	18.5	(15.6 - 21.5)
55-64	13.2	(10.6 - 15.8)
65+	11.6	(9.3 - 13.9)
Education		
Less than H.S.	22.9	(20.0 - 25.8)
H.S or GED	14.1	(12.2 - 16.0)
Some Post – H.S.	15.0	(12.1 - 17.9)
College Graduate	8.2	(6.0 - 10.3)
Household Income		
Less than \$15,000	27.7	(23.6 - 31.7)
\$15,000 - 24,999	15.9	(13.3 - 18.5)
\$25,000 - 34,999	12.0	(9.2 - 14.8)
\$35,000 - 49,999	12.6	(9.4 - 15.7)
\$50,000 +	9.4	(6.8 - 12.0)

Missing, "Don't Know", and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic



Health Status: Frequent Mental Distress

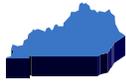
Kentucky BRFSS 2000 Report

Frequent Mental Distress 2000 BRFSS Data by Area Development District



Frequent Mental Distress by Nation, Kentucky, and ADD BRFSS 2000		
	%	95% (CI)
National Median*	9.6	
Total Kentucky	14.9	(13.6 - 16.1)
ADDs		
Barren River	15.6	(11.1 - 20.1)
Big Sandy	19.8	(15.3 - 24.3)
Bluegrass	13.0	(9.8 - 16.3)
Buffalo Trace	15.0	(10.7 - 19.2)
Cumberland Valley	18.5	(14.3 - 22.8)
FIVCO	13.0	(9.5 - 16.4)
Gateway	15.8	(11.9 - 19.7)
Green River	10.5	(7.2 - 13.8)
Kentucky River	15.0	(11.4 - 18.6)
KIPDA	15.9	(12.1 - 19.7)
Lake Cumberland	17.3	(13.0 - 21.6)
Lincoln Trail	14.3	(10.6 - 17.9)
Northern Kentucky	14.0	(10.2 - 17.8)
Pennyrile	13.2	(9.5 - 16.8)
Purchase	14.8	(11.2 - 18.4)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., and Puerto Rico. The confidence interval is not available.



Health Care Access: Lack of Health Care Coverage

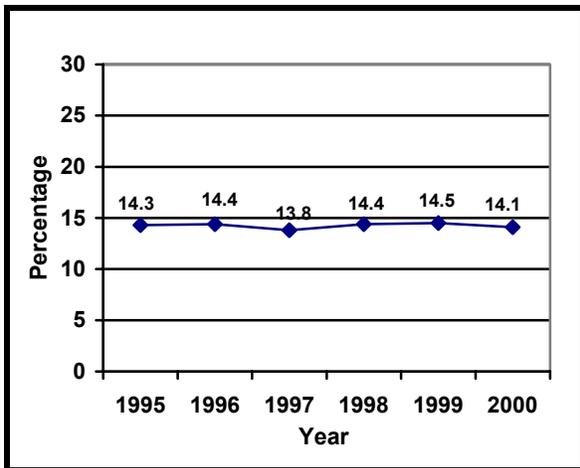
Kentucky BRFSS 2000 Report

Definition :

Individuals age 18 and older who stated “No” to the following question, “Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMO’s, or government plans such as Medicare?”

- In Kentucky, 14.1% of the adult population do not have health care coverage.
- Lack of health care coverage is 15.5% among males and 12.8% among females.
- Approximately 20% of African Americans are without health care coverage compared to 14% of Whites.
- About one fourth of Kentuckians age 18-24 are without health insurance. However, only about 3% of Kentuckians age 65 and older are without some form of health care coverage.

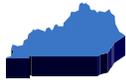
**Lack of Health Care Coverage
BRFSS, Kentucky Statewide Data**



Lack of Health Care Coverage by Demographic Groups Kentucky BRFSS 2000

Demographic Groups	%	95% (CI)
Total	14.1	(12.9 - 15.3)
Gender		
Male	15.5	(13.7 - 17.6)
Female	12.8	(11.4 - 14.3)
Race		
White/NH	13.8	(12.7 - 15.1)
African American/NH	19.9	(13.6 - 28.2)
Age		
18-24	24.5	(19.9 - 29.8)
25-34	18.4	(15.4 - 21.9)
35-44	15.8	(13.1 - 18.8)
45-54	13.4	(11.2 - 15.9)
55-64	12.0	(9.6 - 14.8)
65+	2.5	(1.7 - 3.7)
Education		
Less than H.S.	22.0	(19.1 - 25.2)
H.S or GED	16.4	(14.4 - 18.5)
Some Post – H.S.	11.1	(8.9 - 13.8)
College Graduate	5.2	(3.5 - 7.6)
Household Income		
Less than \$15,000	28.7	(24.4 - 33.5)
\$15,000 - 24,999	24.8	(21.6 - 28.2)
\$25,000 - 34,999	11.6	(9.0 - 14.8)
\$35,000 - 49,999	6.2	(4.4 - 8.6)
\$50,000 +	3.2	(1.9 - 5.3)

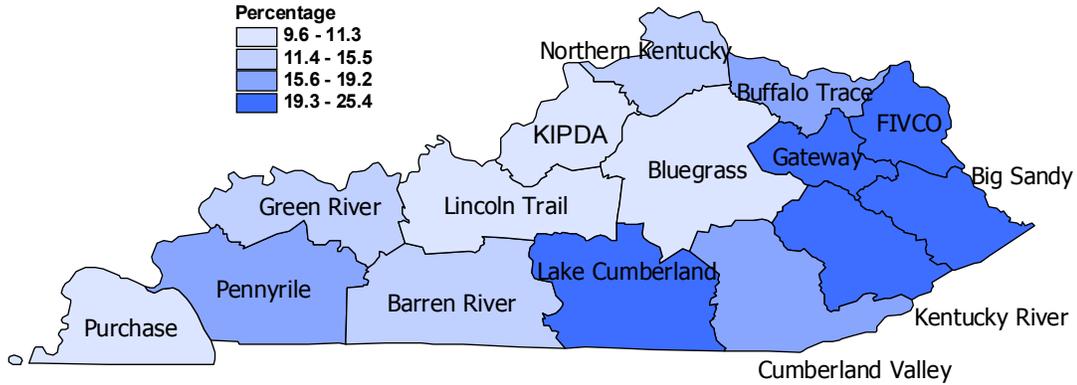
Missing, “Don’t Know”, and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic



Health Care Access: Lack of Health Care Coverage

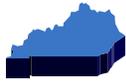
Kentucky BRFSS 2000 Report

Lack of Health Care Coverage 2000 BRFSS Data by Area Development District



Lack of Health Care Coverage by Nation, Kentucky, and ADD BRFSS 2000		
	%	95% (CI)
National Median*	11.8	
Total Kentucky	14.1	(12.9 - 15.3)
ADDs		
Barren River	14.7	(11.0 - 19.4)
Big Sandy	25.4	(20.3 - 31.4)
Bluegrass	9.6	(7.0 - 13.0)
Buffalo Trace	18.2	(13.7 - 23.7)
Cumberland Valley	16.8	(12.7 - 21.8)
FIVCO	22.4	(15.8 - 30.8)
Gateway	20.7	(16.3 - 26.0)
Green River	15.5	(11.5 - 20.7)
Kentucky River	21.5	(17.3 - 26.2)
KIPDA	10.4	(7.5 - 14.2)
Lake Cumberland	22.4	(17.6 - 28.1)
Lincoln Trail	9.6	(6.9 - 13.1)
Northern Kentucky	12.7	(9.2 - 17.3)
Pennyrile	19.2	(15.2 - 24.0)
Purchase	11.3	(8.5 - 14.8)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., and Puerto Rico. The confidence interval is not available.



Health Care Access: Cost as a Barrier to Health Care

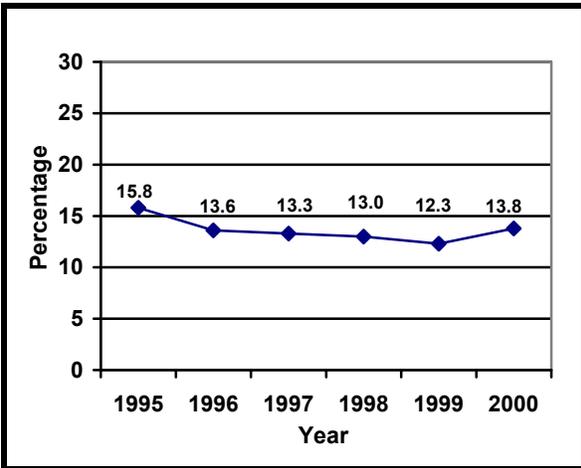
Kentucky BRFSS 2000 Report

Definition :

Individuals age 18 and older who stated “Yes” to the following question, “Was there a time during the last twelve months when you needed to see a doctor, but could not because of the cost?”

- In Kentucky, 13.8% of the adult population experienced a time in the past year when they could not see a doctor because of the cost.
- The prevalence is higher among females, 16.0%, compared to males, 11.3%.
- Approximately the same percentage of Whites and African Americans experienced cost as a barrier to health care.
- Among those with less than a high school education, 21.4% could not see a doctor because of the cost. This compares to only 5.7% of college graduates.

Cost as a Barrier to Health Care BRFSS, Kentucky Statewide Data



Cost as a Barrier to Health Care by Demographic Groups Kentucky BRFSS 2000		
Demographic Groups	%	95% (CI)
Total	13.8	(12.7 - 14.9)
Gender		
Male	11.3	(9.9 - 13.0)
Female	16.0	(14.5 - 17.6)
Race		
White/NH	13.9	(12.8 - 15.0)
African American/NH	13.2	(8.9 - 19.2)
Age		
18-24	15.1	(11.4 - 19.6)
25-34	16.2	(13.6 - 19.3)
35-44	16.1	(13.6 - 19.0)
45-54	15.6	(13.4 - 18.1)
55-64	12.4	(10.1 - 15.0)
65+	6.7	(5.2 - 8.5)
Education		
Less than H.S.	21.4	(18.7 - 24.4)
H.S or GED	14.6	(12.8 - 16.5)
Some Post – H.S.	12.5	(10.5 - 14.9)
College Graduate	5.7	(4.2 - 7.7)
Household Income		
Less than \$15,000	30.5	(26.4 - 34.9)
\$15,000 - 24,999	23.4	(20.4 - 26.6)
\$25,000 - 34,999	11.8	(9.2 - 15.1)
\$35,000 - 49,999	7.4	(5.6 - 9.7)
\$50,000 +	4.0	(2.6 - 6.2)

Missing, “Don’t Know”, and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic



Health Care Access: Cost as a Barrier to Health Care

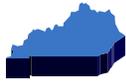
Kentucky BRFSS 2000 Report

Cost as a Barrier to Health Care 2000 BRFSS Data by Area Development District



Cost as a Barrier to Health Care by Nation, Kentucky, and ADD BRFSS 2000		
	%	95% (CI)
National Median*	9.9	
Total Kentucky	13.8	(12.7 - 14.9)
ADDs		
Barren River	14.9	(11.7 - 18.9)
Big Sandy	30.0	(24.8 - 35.9)
Bluegrass	12.2	(9.2 - 15.8)
Buffalo Trace	16.4	(12.2 - 21.7)
Cumberland Valley	19.2	(15.0 - 24.1)
FIVCO	17.5	(13.8 - 22.0)
Gateway	20.7	(16.5 - 25.7)
Green River	13.2	(9.8 - 17.6)
Kentucky River	23.9	(19.6 - 28.7)
KIPDA	9.0	(6.5 - 12.2)
Lake Cumberland	20.3	(16.2 - 25.3)
Lincoln Trail	10.5	(7.8 - 13.9)
Northern Kentucky	10.7	(7.5 - 14.9)
Pennyryle	12.9	(9.9 - 16.7)
Purchase	12.3	(9.2 - 16.4)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., and Puerto Rico. The confidence interval is not available.



Asthma

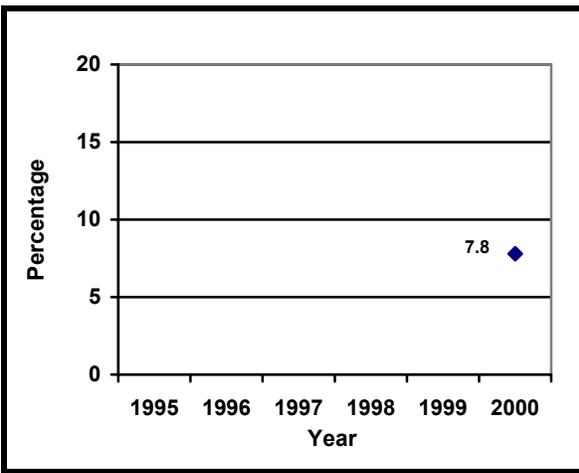
Kentucky BRFSS 2000 Report

Definition :

Individuals age 18 and older who stated “Yes” to the following two questions, “Did a doctor ever tell you that you had asthma?” and “Do you still have asthma?”

- In Kentucky, 7.8% of the adult population have asthma.
- Asthma prevalence is higher among females, 9.8%, compared to males, 5.5%.
- The prevalence is 9.9% among African Americans compared to 7.6% among Whites.
- Among household income levels, those with an income of less than \$15,000 have the highest asthma prevalence at 14.8%, while those with an income of greater than \$50,000 have the lowest prevalence at 5.4%.

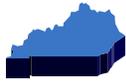
Asthma BRFSS, Kentucky Statewide Data



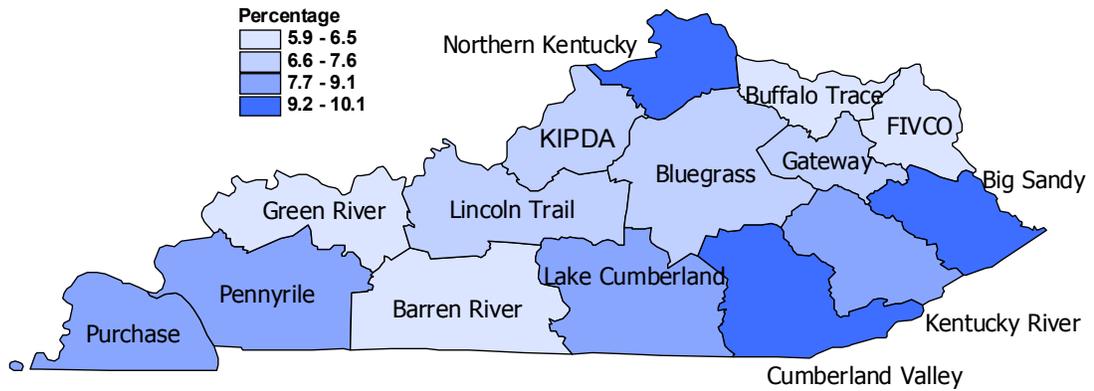
2000 was the first year that asthma questions were asked in Kentucky.

Asthma by Demographic Groups Kentucky BRFSS 2000		
Demographic Groups	%	95% (CI)
Total	7.8	(6.9 - 8.7)
Gender		
Male	5.5	(4.5 - 6.7)
Female	9.8	(8.6 - 11.3)
Race		
White/NH	7.6	(6.7 - 8.5)
African American/NH	9.9	(5.8 - 16.2)
Age		
18-24	8.2	(5.7 - 11.5)
25-34	5.4	(3.8 - 7.5)
35-44	6.7	(5.1 - 8.8)
45-54	8.3	(6.5 - 10.7)
55-64	10.4	(7.7 - 13.8)
65+	8.8	(7.0 - 10.8)
Education		
Less than H.S.	12.1	(10.0 - 14.5)
H.S. or GED	6.5	(5.3 - 8.0)
Some Post H.S.	7.7	(6.0 - 9.8)
College Graduate	5.9	(4.3 - 7.9)
Household Income		
Less than \$15,000	14.8	(12.0 - 18.1)
\$15,000 - 24,999	9.2	(6.9 - 12.1)
\$25,000 - 34,999	6.7	(4.9 - 9.1)
\$35,000 - 49,999	4.9	(3.5 - 6.8)
\$50,000 +	5.4	(3.8 - 7.7)

Missing, “Don’t Know” and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic



Asthma
2000 BRFSS Data by Area Development District



Asthma by Nation, Kentucky, and ADD BRFSS 2000		
	%	95% (CI)
National Median*	7.3	
Total Kentucky	7.8	(6.9 - 8.7)
ADDs		
Barren River	5.9	(4.0 - 8.5)
Big Sandy	10.1	(7.1 - 14.0)
Bluegrass	7.6	(5.4 - 10.4)
Buffalo Trace	6.5	(4.1 - 10.1)
Cumberland Valley	9.4	(6.8 - 13.0)
FIVCO	6.4	(4.5 - 9.1)
Gateway	7.0	(4.7 - 10.5)
Green River	6.5	(4.4 - 9.5)
Kentucky River	7.9	(5.5 - 11.3)
KIPDA	7.2	(5.0 - 10.4)
Lake Cumberland	9.1	(6.4 - 12.9)
Lincoln Trail	7.2	(5.0 - 10.2)
Northern Kentucky	9.5	(6.8 - 13.1)
Pennyrile	7.9	(5.6 - 11.1)
Purchase	8.1	(5.9 - 11.2)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., and Puerto Rico. The confidence interval is not available.



Diabetes

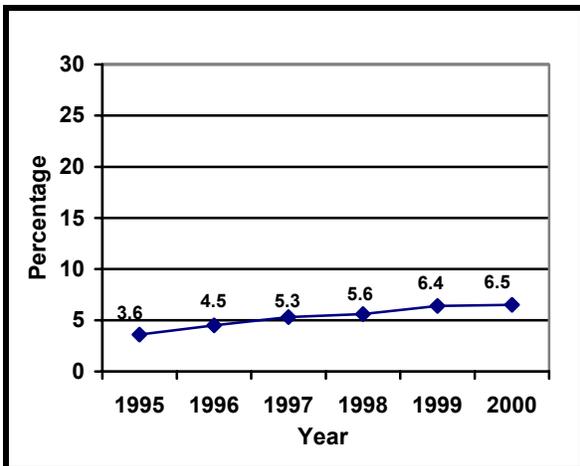
Kentucky BRFSS 2000 Report

Definition :

Individuals age 18 and older who stated “Yes” to the following question, “Have you ever been told by a doctor that you have diabetes?” This does not include women who have been told that they have diabetes only during pregnancy.

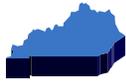
- In Kentucky, 6.5% of the adult population have been told by a doctor that they have diabetes.
- In 2000, approximately the same percentage of males as females had ever been told by a doctor that they have diabetes.
- Diabetes awareness is 9.9% among African Americans and 6.2% among Whites.
- Among age groups, 14.1% of those age 65 and older have been told by a doctor that they have diabetes compared to only 1.8% of those age 18-24.
- Diabetes awareness has increased from 3.6% in 1995 to 6.5% in 2000.

Diabetes BRFSS, Kentucky Statewide Data



Diabetes by Demographic Groups Kentucky BRFSS 2000		
Demographic Groups	%	95% (CI)
Total	6.5	(5.7 - 7.4)
Gender		
Male	6.9	(5.8 - 8.3)
Female	6.1	(5.1 - 7.2)
Race		
White/NH	6.2	(5.5 - 7.0)
African American/NH	9.9	(6.1 - 15.6)
Age		
18-24	1.8	(.7 - 5.1)
25-34	1.4	(.6 - 3.0)
35-44	1.7	(1.1 - 2.8)
45-54	8.7	(6.7 - 11.3)
55-64	12.7	(10.1 - 15.9)
65+	14.1	(11.8 - 16.7)
Education		
Less than H.S.	11.7	(9.8 - 14.0)
H.S. or GED	5.5	(4.3 - 6.9)
Some Post H.S.	6.1	(4.5 - 8.1)
College Graduate	3.6	(2.5 - 5.2)
Household Income		
Less than \$15,000	11.7	(9.1 - 15.0)
\$15,000 - 24,999	8.7	(6.9 - 10.9)
\$25,000 - 34,999	5.9	(4.1 - 8.5)
\$35,000 - 49,999	4.1	(2.6 - 6.3)
\$50,000 +	3.9	(2.5 - 6.0)

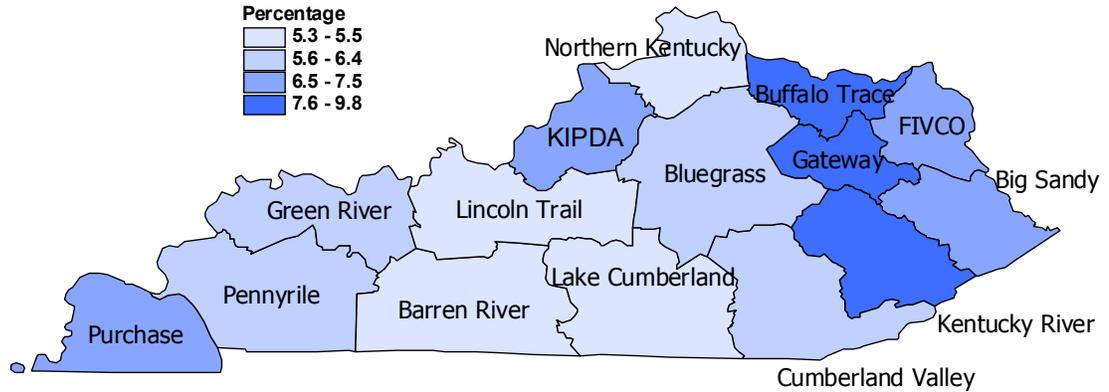
Missing, “Don’t Know” and Refused Responses are excluded.
 95% CI = 95% Confidence Interval
 NH = Non-Hispanic



Diabetes

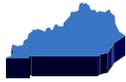
Kentucky BRFSS 2000 Report

Diabetes 2000 BRFSS Data by Area Development District



Diabetes by Nation, Kentucky, and ADD BRFSS 2000		
	%	95% (CI)
National Median*	6.1	
Total Kentucky	6.5	(5.7 - 7.4)
ADDs		
Barren River	5.4	(3.7 - 7.8)
Big Sandy	7.3	(4.9 - 10.9)
Bluegrass	6.2	(4.1 - 9.3)
Buffalo Trace	7.6	(5.0 - 11.4)
Cumberland Valley	5.9	(4.0 - 8.6)
FIVCO	7.4	(5.2 - 10.3)
Gateway	9.8	(7.1 - 13.4)
Green River	6.4	(4.3 - 9.3)
Kentucky River	9.7	(7.1 - 13.1)
KIPDA	7.1	(5.0 - 10.0)
Lake Cumberland	5.3	(3.5 - 8.0)
Lincoln Trail	5.3	(3.6 - 7.9)
Northern Kentucky	5.5	(3.6 - 8.3)
Pennyrile	5.6	(3.8 - 8.1)
Purchase	7.5	(5.3 - 10.5)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., and Puerto Rico. The confidence interval is not available.



Providing Care to the Elderly

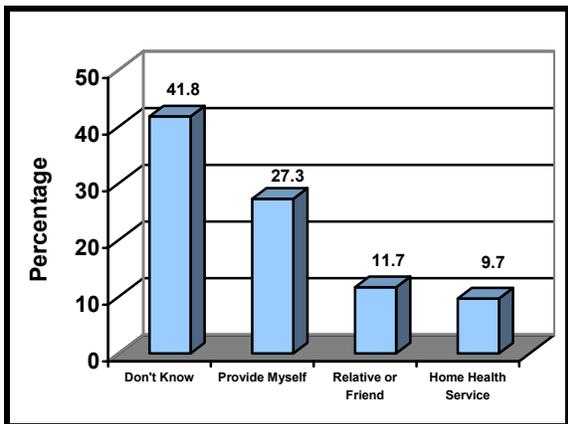
Kentucky BRFSS 2000 Report

Definition :

Individuals age 18 and older who stated “Yes” to the following question, “There are situations where people provide regular care or assistance to a family member or friend who is elderly or has a long-term illness or disability. During the past month, did you provide any such care or assistance to a family member or friend who is 60 years of age or older?”

- Eighteen percent of the adult Kentucky population have provided regular care to an elderly friend or relative in the past month.
- A higher percentage of females 20.0%, compared to males, 15.8%, have provided care in the past month.
- There is no true difference in prevalence among education levels or household income levels.
- Respondents age 18 and older were also asked “Who would you call to arrange short or long-term care in the home for an elderly relative or friend who could no longer care for themselves?” The top four responses are presented below.

Who to Call to Give Care to the Elderly, Top Four Responses BRFSS 2000, Kentucky Statewide Data



Providing Care to the Elderly by Demographic Groups Kentucky BRFSS 2000

Demographic Groups	%	95% (CI)
Total	18.0	(16.7 - 19.3)
Gender		
Male	15.8	(13.9 - 17.8)
Female	20.0	(18.3 - 21.9)
Race		
White/NH	17.7	(16.4 - 19.1)
African American/NH	21.7	(15.3 - 30.0)
Age		
18-24	10.8	(7.7 - 14.9)
25-34	13.7	(11.4 - 16.5)
35-44	20.6	(17.5 - 24.2)
45-54	21.0	(18.0 - 24.3)
55-64	23.9	(20.4 - 27.7)
65+	17.0	(14.4 - 20.0)
Education		
Less than H.S.	16.8	(14.3 - 19.6)
H.S. or GED	17.1	(15.1 - 19.3)
Some Post H.S.	18.9	(16.2 - 22.0)
College Graduate	19.8	(16.8 - 23.1)
Household Income		
Less than \$15,000	16.6	(13.6 - 20.1)
\$15,000 - 24,999	20.0	(17.0 - 23.3)
\$25,000 - 34,999	16.9	(14.0 - 20.4)
\$35,000 - 49,999	16.1	(13.3 - 19.4)
\$50,000 +	19.9	(16.5 - 23.7)

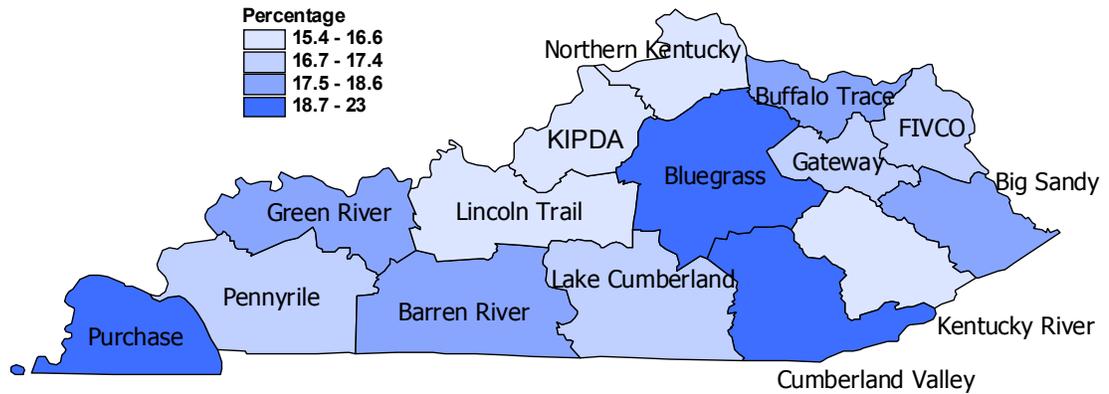
Missing, “Don’t Know”, and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic



Providing Care to the Elderly

Kentucky BRFSS 2000 Report

Providing Care to the Elderly 2000 BRFSS Data by Area Development District



Providing Care to the Elderly by Nation, Kentucky, and ADD BRFSS 2000		
	%	95% (CI)
National Median*	15.4	
Total Kentucky	18.0	(16.7 - 19.3)
ADDs		
Barren River	17.6	(13.8 - 22.2)
Big Sandy	18.6	(14.4 - 23.7)
Bluegrass	20.8	(17.0 - 25.1)
Buffalo Trace	18.1	(13.9 - 23.3)
Cumberland Valley	23.0	(18.6 - 28.1)
FIVCO	16.8	(13.2 - 21.1)
Gateway	16.7	(13.2 - 21.0)
Green River	17.8	(13.8 - 22.6)
Kentucky River	15.4	(12.1 - 19.3)
KIPDA	16.0	(12.5 - 20.1)
Lake Cumberland	17.4	(13.7 - 21.8)
Lincoln Trail	15.7	(12.1 - 19.9)
Northern Kentucky	16.6	(13.1 - 20.7)
Pennyryle	16.7	(13.2 - 20.9)
Purchase	21.8	(17.7 - 26.6)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., and Puerto Rico. The confidence interval is not available.



Tobacco Use: Ever Smoked Cigarettes

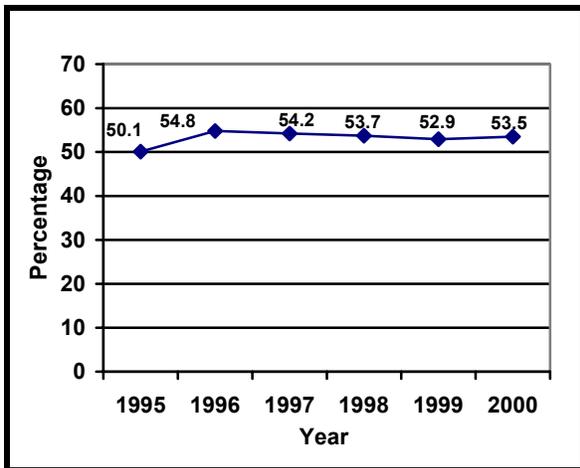
Kentucky BRFSS 2000 Report

Definition :

Individuals age 18 and older who stated "Yes" to the following question, "Have you smoked at least 100 cigarettes in your entire life?"

- In Kentucky, 53.5% of the adult population have ever smoked cigarettes.
- The prevalence of ever smoking cigarettes is higher among males, 60.8%, compared to females, 46.9%.
- Fifty-four percent of Whites have ever smoked cigarettes compared to 48.4% of African Americans.
- The prevalence of ever smoking decreases with increased levels of education and income.

**Ever Smoked Cigarettes
BRFSS, Kentucky Statewide Data**



Ever Smoked Cigarettes by Demographic Groups Kentucky BRFSS 2000		
Demographic Groups	%	95% (CI)
Total	53.5	(51.8 - 55.2)
Gender		
Male	60.8	(58.2 - 63.4)
Female	46.9	(44.6 - 49.1)
Race		
White/NH	54.0	(52.3 - 55.8)
African American/NH	48.4	(40.3 - 56.7)
Age		
18-24	50.0	(44.1 - 56.0)
25-34	48.5	(44.3 - 52.6)
35-44	55.9	(52.0 - 59.8)
45-54	56.7	(52.8 - 60.5)
55-64	60.7	(56.4 - 64.8)
65+	50.2	(46.7 - 53.7)
Education		
Less than H.S.	65.6	(62.2 - 68.9)
H.S. or GED	55.8	(53.1 - 58.6)
Some Post H.S.	51.5	(47.7 - 55.2)
College Graduate	38.7	(34.8 - 42.7)
Household Income		
Less than \$15,000	61.2	(56.5 - 65.7)
\$15,000 - 24,999	58.0	(54.2 - 61.7)
\$25,000 - 34,999	56.4	(51.9 - 60.8)
\$35,000 - 49,999	57.3	(52.8 - 61.7)
\$50,000 +	41.3	(37.2 - 45.6)

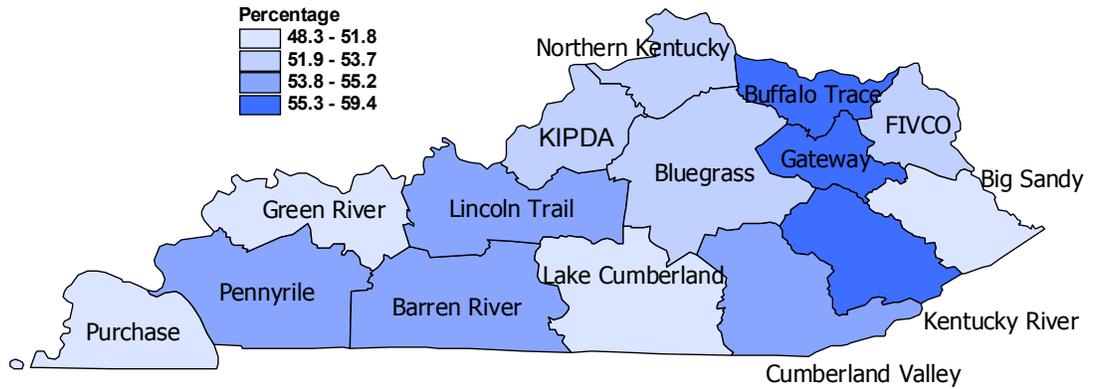
Missing, "Don't Know", and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic



Tobacco Use: Ever Smoked Cigarettes

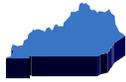
Kentucky BRFSS 2000 Report

Ever Smoked Cigarettes 2000 BRFSS Data by Area Development District



Ever Smoked Cigarettes by Nation, Kentucky, and ADD BRFSS 2000		
	%	95% (CI)
National Median*	47.5	
Total Kentucky	53.5	(51.8 - 55.2)
ADDs		
Barren River	54.1	(48.5 - 59.7)
Big Sandy	48.3	(42.4 - 54.3)
Bluegrass	53.7	(48.8 - 58.5)
Buffalo Trace	59.4	(53.4 - 65.1)
Cumberland Valley	55.1	(49.3 - 60.8)
FIVCO	52.8	(46.3 - 59.3)
Gateway	55.3	(49.8 - 60.7)
Green River	51.8	(46.1 - 57.5)
Kentucky River	58.8	(53.2 - 64.1)
KIPDA	53.5	(48.3 - 58.6)
Lake Cumberland	51.4	(45.6 - 57.1)
Lincoln Trail	54.9	(49.6 - 60.0)
Northern Kentucky	52.7	(47.5 - 57.9)
Pennyrile	55.2	(49.8 - 60.5)
Purchase	51.3	(46.1 - 56.4)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., and Puerto Rico. The confidence interval is not available.



Tobacco Use: Current Cigarette Smoking

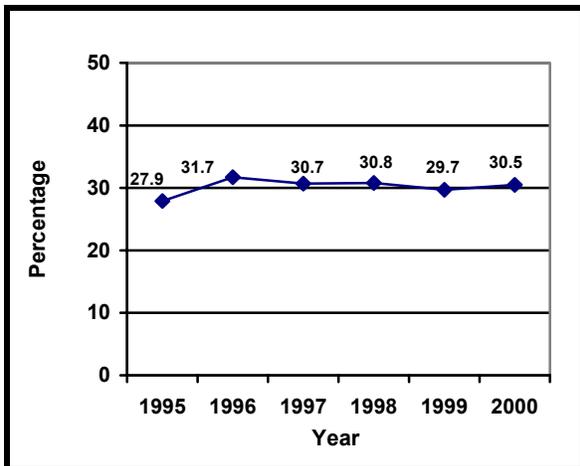
Kentucky BRFSS 2000 Report

Definition :

Individuals age 18 and older who have smoked at least 100 cigarettes in their entire life and now smoke everyday or some days.

- In Kentucky, 30.5% of the adult population are current smokers.
- The prevalence of current smoking is higher among males, 33.4%, compared to females, 27.9%.
- Approximately 31% of Whites are current cigarette smokers compared to approximately 27% of African Americans.
- Among age groups, the highest prevalence at 38.7% is among those age 18 to 24 while the lowest prevalence at 11.6% is among those age 65 and older.

**Current Cigarette Smoking
BRFSS, Kentucky Statewide Data**



Current Cigarette Smoking by Demographic Groups Kentucky BRFSS 2000		
Demographic Groups	%	95% (CI)
Total	30.5	(28.9 - 32.1)
Gender		
Male	33.4	(30.9 - 35.9)
Female	27.9	(25.9 - 29.9)
Race		
White/NH	30.9	(29.2 - 32.6)
African American/NH	26.8	(20.1 - 34.8)
Age		
18-24	38.7	(33.0 - 44.6)
25-34	35.3	(31.5 - 39.4)
35-44	37.7	(34.0 - 41.6)
45-54	33.2	(29.7 - 36.8)
55-64	26.4	(22.8 - 30.2)
65+	11.6	(9.7 - 13.9)
Education		
Less than H.S.	38.3	(34.9 - 41.9)
H.S. or GED	33.2	(30.7 - 35.8)
Some Post H.S.	31.5	(28.0 - 35.3)
College Graduate	15.7	(13.0 - 18.9)
Household Income		
Less than \$15,000	39.2	(34.8 - 43.8)
\$15,000 - 24,999	36.6	(33.0 - 40.4)
\$25,000 - 34,999	32.5	(28.5 - 36.8)
\$35,000 - 49,999	33.9	(29.6 - 38.5)
\$50,000 +	19.5	(16.5 - 23.0)

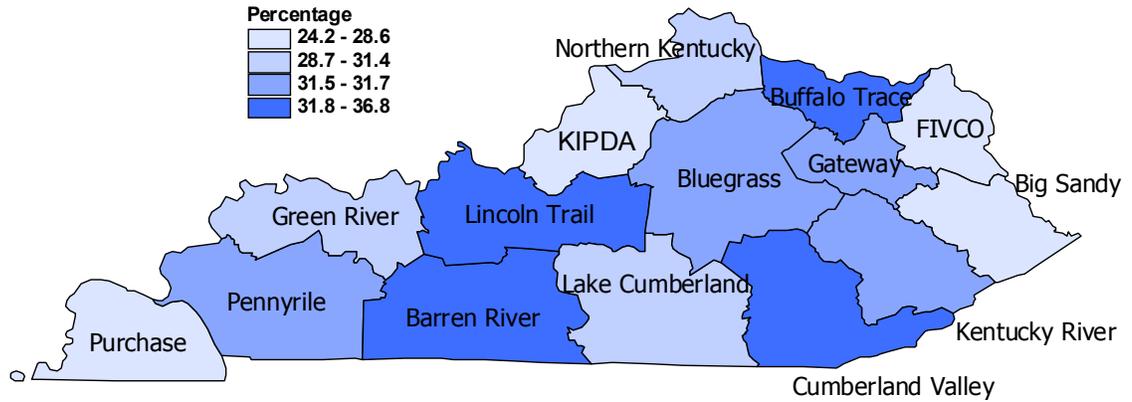
Missing, "Don't Know", and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic



Tobacco Use: Current Cigarette Smoking

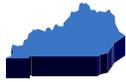
Kentucky BRFSS 2000 Report

Current Cigarette Smoking 2000 BRFSS Data by Area Development District



Current Cigarette Smoking by Nation, Kentucky, and ADD BRFSS 2000		
	%	95% (CI)
National Median*	23.2	
Total Kentucky	30.5	(28.9 - 32.1)
ADDs		
Barren River	32.7	(27.4 - 38.6)
Big Sandy	28.6	(23.5 - 34.3)
Bluegrass	31.7	(27.3 - 36.5)
Buffalo Trace	36.8	(30.9 - 43.2)
Cumberland Valley	33.2	(28.1 - 38.9)
FIVCO	27.2	(22.3 - 32.6)
Gateway	31.7	(26.6 - 37.2)
Green River	30.4	(25.2 - 36.1)
Kentucky River	31.7	(26.7 - 37.2)
KIPDA	28.4	(23.9 - 33.4)
Lake Cumberland	30.3	(25.4 - 35.7)
Lincoln Trail	33.3	(28.5 - 38.5)
Northern Kentucky	31.4	(26.5 - 36.7)
Pennyrile	31.7	(26.8 - 36.9)
Purchase	24.2	(20.1 - 28.8)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., and Puerto Rico. The confidence interval is not available.



Tobacco Use: Not Trying to Quit Smoking

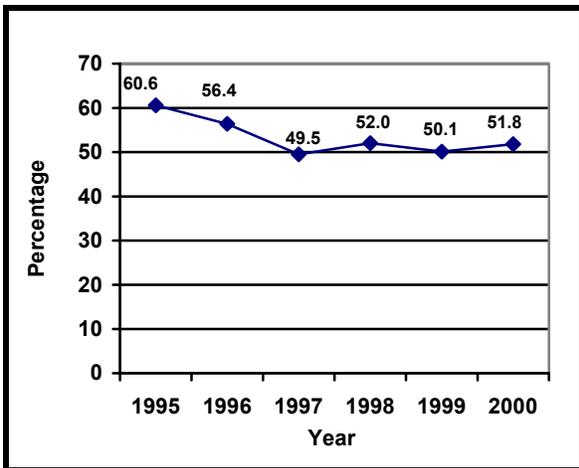
Kentucky BRFSS 2000 Report

Definition :

Individuals 18 and older who smoke everyday and stated "No" to the following question, "During the past twelve months, have you quit smoking for one day or longer?"

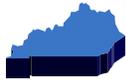
- In Kentucky, 51.8% of the adult population who smoke everyday have not tried to quit smoking.
- The prevalence of not trying to quit smoking is higher among Whites, 53.1%, compared to African Americans, 31.8%.
- Among the age groups, those age 65 and older have the highest prevalence of not quitting at 64.2%. This compares to the lowest prevalence, 34.6%, which belongs to those age 18-24.

**Not Trying to Quit Smoking
BRFSS, Kentucky Statewide Data**



Not Trying to Quit Smoking by Demographic Groups Kentucky BRFSS 2000		
Demographic Groups	%	95% (CI)
Total	51.8	(48.4 - 55.2)
Gender		
Male	53.8	(48.9 - 58.7)
Female	49.6	(45.1 - 54.2)
Race		
White/NH	53.1	(49.6 - 56.5)
African American/NH	31.8	(18.8 - 48.4)
Age		
18-24	34.6	(25.3 - 45.3)
25-34	46.7	(39.4 - 54.2)
35-44	55.4	(48.5 - 62.0)
45-54	56.7	(49.9 - 63.2)
55-64	63.6	(55.4 - 71.2)
65+	64.2	(53.4 - 73.6)
Education		
Less than H.S.	57.7	(51.4 - 63.7)
H.S. or GED	52.8	(47.9 - 57.7)
Some Post H.S.	40.2	(32.8 - 48.2)
College Graduate	62.2	(51.1 - 72.1)
Household Income		
Less than \$15,000	59.2	(51.2 - 66.7)
\$15,000 - 24,999	48.8	(42.2 - 55.5)
\$25,000 - 34,999	44.7	(36.8 - 53.0)
\$35,000 - 49,999	53.2	(44.3 - 61.9)
\$50,000 +	55.2	(45.0 - 65.1)

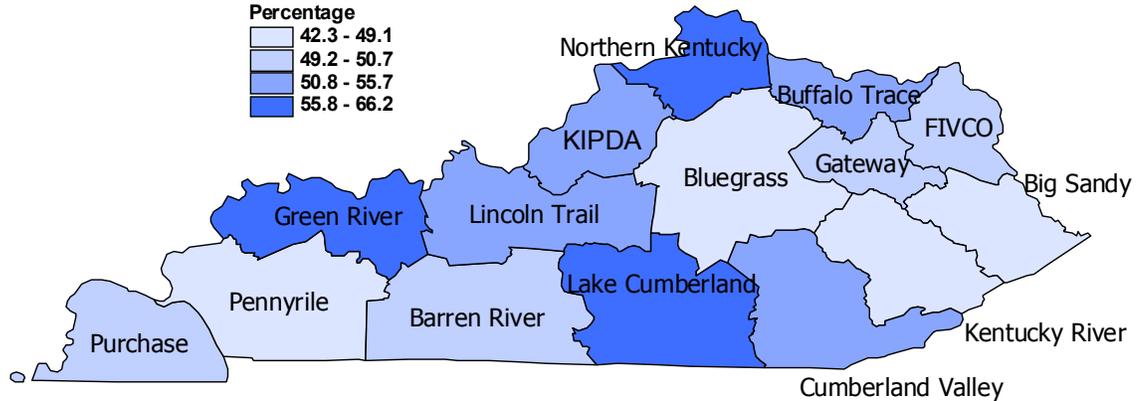
Missing, "Don't Know", and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic



Tobacco Use: Not Trying to Quit Smoking

Kentucky BRFSS 2000 Report

Not Trying to Quit Smoking 2000 BRFSS Data by Area Development District



Not Trying to Quit Smoking by Nation, Kentucky, and ADD BRFSS 2000		
	%	95% (CI)
National Median*	50.6	
Total Kentucky	51.8	(48.4 - 55.2)
ADDs		
Barren River	50.2	(38.2 - 62.1)
Big Sandy	49.1	(37.5 - 60.7)
Bluegrass	48.9	(39.6 - 58.3)
Buffalo Trace	53.6	(41.8 - 65.0)
Cumberland Valley	55.7	(44.8 - 66.0)
FIVCO	49.4	(38.7 - 60.1)
Gateway	50.7	(40.6 - 60.7)
Green River	56.6	(44.7 - 67.8)
Kentucky River	47.1	(36.8 - 57.7)
KIPDA	50.8	(40.5 - 61.0)
Lake Cumberland	66.2	(56.0 - 75.0)
Lincoln Trail	51.0	(41.4 - 60.5)
Northern Kentucky	58.3	(47.1 - 68.7)
Pennyrile	42.3	(32.7 - 52.5)
Purchase	50.4	(39.4 - 61.4)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., and Puerto Rico. The confidence interval is not available.



Less than Five Fruits and Vegetables a Day

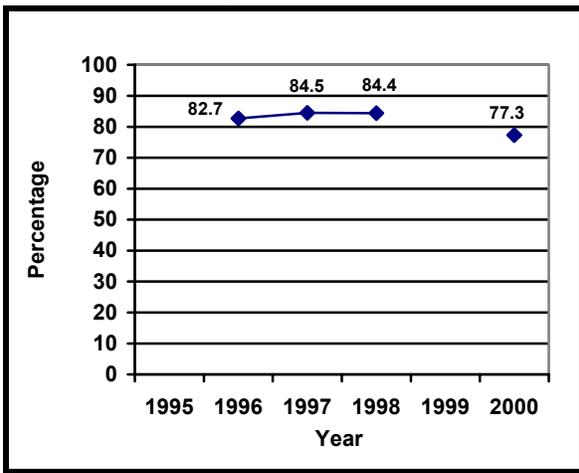
Kentucky BRFSS 2000 Report

Definition :

Individuals age 18 and older who consume less than five fruits and vegetables a day.

- In Kentucky, 77.3% of the adult population consume less than five fruits and vegetables a day.
- A higher percentage of males at 81.0% consume less than 5-a-day compared to females at 74.1%
- Approximately 77% of Whites consume less than 5-a-day compared to approximately 83% of African Americans.

Consumption of Less Than Five Fruits and Vegetables a Day BRFSS, Kentucky Statewide Data



Fruit and vegetable questions were not asked in 1995 or 1999.

Less than Five Fruits and Vegetables a Day by Demographic Groups Kentucky BRFSS 2000

Demographic Groups	%	95% (CI)
Total	77.3	(76.0 - 78.7)
Gender		
Male	81.0	(79.0 - 82.9)
Female	74.1	(72.2 - 75.9)
Race		
White/NH	77.1	(75.7 - 78.6)
African American/NH	83.1	(77.2 - 88.9)
Age		
18-24	80.2	(75.7 - 84.7)
25-34	81.3	(78.1 - 84.5)
35-44	82.9	(80.0 - 85.7)
45-54	75.8	(72.5 - 79.1)
55-64	74.5	(70.5 - 78.5)
65+	68.7	(65.5 - 71.9)
Education		
Less than H.S.	81.7	(79.0 - 84.4)
H.S. or GED	78.0	(75.7 - 80.2)
Some Post H.S.	76.9	(74.0 - 79.8)
College Graduate	72.1	(68.6 - 75.6)
Household Income		
Less than \$15,000	82.3	(79.0 - 85.6)
\$15,000 - 24,999	77.7	(74.6 - 80.8)
\$25,000 - 34,999	75.8	(71.9 - 79.6)
\$35,000 - 49,999	76.7	(73.1 - 80.3)
\$50,000 +	76.7	(73.2 - 80.2)

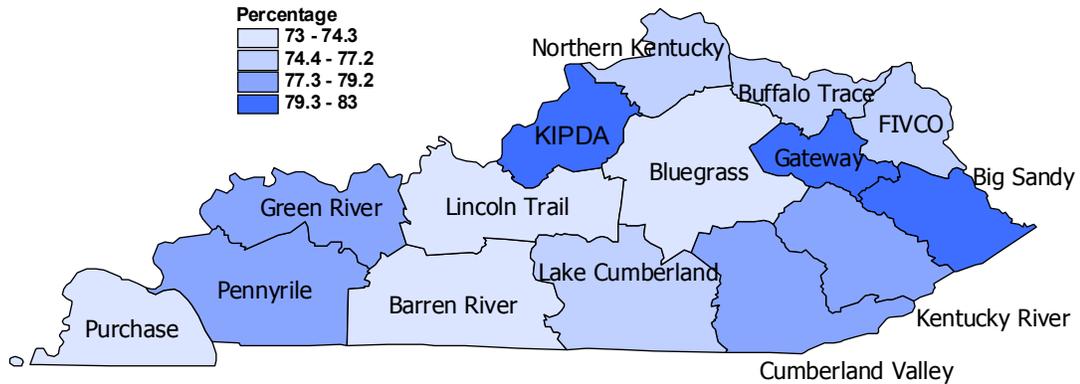
Missing, "Don't Know", and Refused Responses are excluded.
 95% CI = 95% Confidence Interval
 NH = Non-Hispanic



Less than Five Fruits and Vegetables a Day

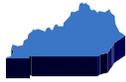
Kentucky BRFSS 2000 Report

Less than Five Fruits and Vegetables a Day 2000 BRFSS Data by Area Development District



Less than Five Fruits and Vegetables a Day by Nation, Kentucky, and ADD BRFSS 2000		
	%	95% (CI)
National Median*	76.9	
Total Kentucky	77.3	(76.0 - 78.7)
ADDs		
Barren River	73.9	(69.0 - 78.8)
Big Sandy	83.0	(78.5 - 87.4)
Bluegrass	74.3	(70.2 - 78.4)
Buffalo Trace	74.8	(69.3 - 80.3)
Cumberland Valley	79.2	(74.3 - 84.2)
FIVCO	77.2	(70.0 - 84.4)
Gateway	79.5	(75.2 - 83.8)
Green River	77.9	(73.1 - 82.6)
Kentucky River	78.9	(74.5 - 83.2)
KIPDA	81.3	(77.6 - 85.0)
Lake Cumberland	76.4	(71.1 - 81.7)
Lincoln Trail	73.2	(68.5 - 77.9)
Northern Kentucky	76.5	(72.0 - 81.0)
Pennyrile	78.7	(74.5 - 83.0)
Purchase	73.0	(68.5 - 77.5)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., and Puerto Rico. The confidence interval is not available.



Weight Control: Trying to Lose Weight

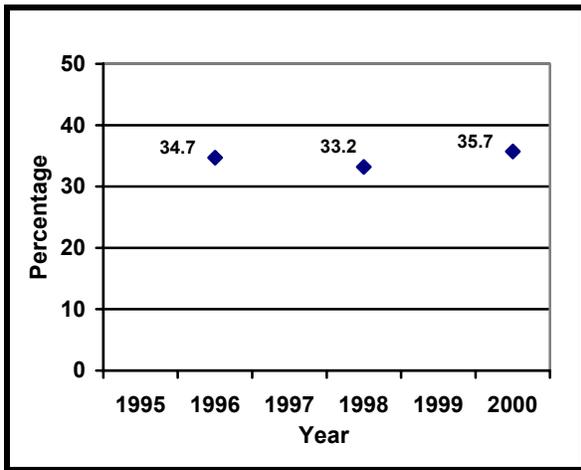
Kentucky BRFSS 2000 Report

Definition :

Individuals age 18 and older who responded "Yes" to the following question, "Are you now trying to lose weight?"

- In Kentucky, 35.7% of the adult population are trying to lose weight.
- Far more women, 41.8%, than men, 28.9%, are trying to lose weight.
- Approximately the same percentage of Whites and African Americans are trying to lose weight.
- The age group with the highest prevalence of trying to lose weight is age 45 to 54 at 42.7%.
- The prevalence of trying to lose weight increases with higher education level and household income level.

Trying to Lose Weight BRFSS, Kentucky Statewide Data



Questions on weight loss were not asked in 1995, 1997, or 1999.

Trying to Lose Weight by Demographic Groups Kentucky BRFSS 2000		
Demographic Groups	%	95% (CI)
Total	35.7	(34.0 - 37.4)
Gender		
Male	28.9	(26.6 - 31.4)
Female	41.8	(39.6 - 44.1)
Race		
White/NH	35.4	(33.7 - 37.1)
African American/NH	37.1	(29.5 - 45.3)
Age		
18-24	35.2	(29.8 - 41.0)
25-34	36.4	(32.5 - 40.5)
35-44	40.5	(36.7 - 44.4)
45-54	42.7	(38.9 - 46.6)
55-64	35.0	(31.1 - 39.2)
65+	23.0	(20.1 - 26.3)
Education		
Less than H.S.	28.4	(25.1 - 31.9)
H.S. or GED	34.5	(31.9 - 37.2)
Some Post H.S.	38.2	(34.6 - 41.9)
College Graduate	42.7	(38.6 - 46.8)
Household Income		
Less than \$15,000	31.3	(27.3 - 35.7)
\$15,000 - 24,999	33.6	(30.1 - 37.2)
\$25,000 - 34,999	35.4	(31.2 - 39.9)
\$35,000 - 49,999	38.4	(34.1 - 42.9)
\$50,000 +	41.7	(37.6 - 46.0)

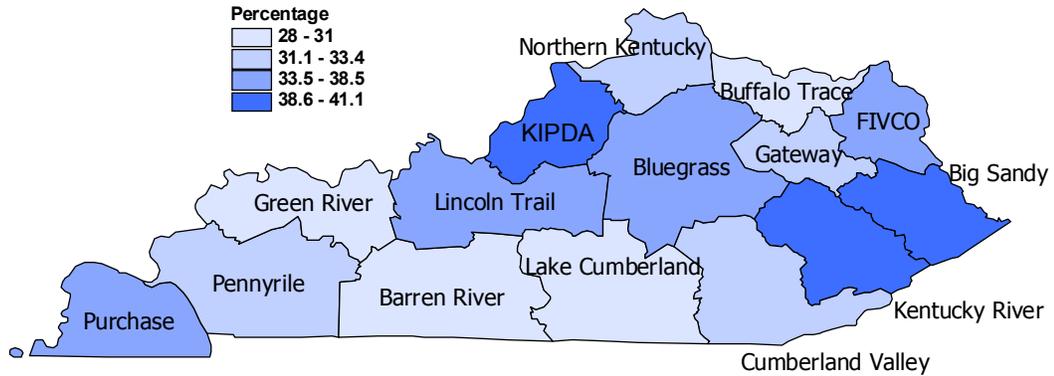
Missing, "Don't Know", and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic



Weight Control: Trying to Lose Weight

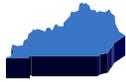
Kentucky BRFSS 2000 Report

Trying to Lose Weight 2000 BRFSS Data by Area Development District



Trying to Lose Weight by Nation, Kentucky, and ADD BRFSS 2000		
	%	95% (CI)
National Median*	38.0	
Total Kentucky	35.7	(34.0 - 37.4)
ADDs		
Barren River	30.0	(25.4 - 35.1)
Big Sandy	39.6	(33.9 - 45.5)
Bluegrass	36.7	(32.2 - 41.6)
Buffalo Trace	28.0	(22.9 - 33.7)
Cumberland Valley	33.3	(28.0 - 39.1)
FIVCO	38.5	(31.9 - 45.6)
Gateway	31.9	(27.1 - 37.1)
Green River	31.0	(26.1 - 36.4)
Kentucky River	41.1	(35.6 - 46.7)
KIPDA	40.7	(35.8 - 45.9)
Lake Cumberland	30.4	(25.2 - 36.1)
Lincoln Trail	33.7	(29.0 - 38.8)
Northern Kentucky	33.4	(28.7 - 38.6)
Pennyrile	31.9	(27.1 - 37.1)
Purchase	36.2	(31.5 - 41.2)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., and Puerto Rico. The confidence interval is not available.



Weight Control: Overweight

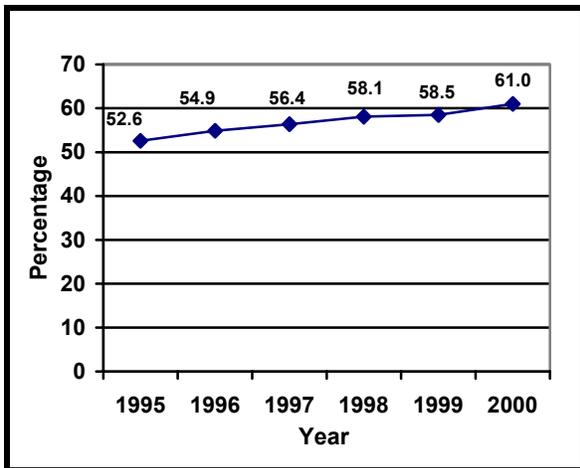
Kentucky BRFSS 2000 Report

Definition :

Individuals age 18 and older who have a body mass index (BMI) of greater than or equal to 25kg/m².

- In Kentucky, 61.0% of the adult population are overweight.
- Considerably fewer women, 53.4%, than men, 68.9%, are overweight.
- A higher percentage of African Americans, 72.1%, are overweight compared to Whites, 60.5%.
- Among age groups, those Kentuckians age 45-54 have the highest prevalence of overweight, 70.0%.

Overweight BRFSS, Kentucky Statewide Data



Overweight by Demographic Groups Kentucky BRFSS 2000		
Demographic Groups	%	95% (CI)
Total	61.0	(59.3 - 62.7)
Gender		
Male	68.9	(66.4 - 71.3)
Female	53.4	(51.0 - 55.7)
Race		
White/NH	60.5	(58.7 - 62.3)
African American/NH	72.1	(63.6 - 79.2)
Age		
18-24	48.5	(42.5 - 54.6)
25-34	58.4	(54.1 - 62.5)
35-44	60.8	(56.8 - 64.6)
45-54	70.0	(66.4 - 73.4)
55-64	69.0	(64.6 - 73.0)
65+	58.6	(55.1 - 62.0)
Education		
Less than H.S.	64.6	(61.1 - 67.9)
H.S. or GED	61.2	(58.4 - 63.9)
Some Post H.S.	61.4	(57.6 - 65.0)
College Graduate	56.2	(52.0 - 60.3)
Household Income		
Less than \$15,000	61.3	(56.6 - 65.8)
\$15,000 - 24,999	61.7	(57.8 - 65.4)
\$25,000 - 34,999	66.3	(61.9 - 70.5)
\$35,000 - 49,999	63.6	(59.1 - 67.8)
\$50,000 +	60.4	(56.1 - 64.6)

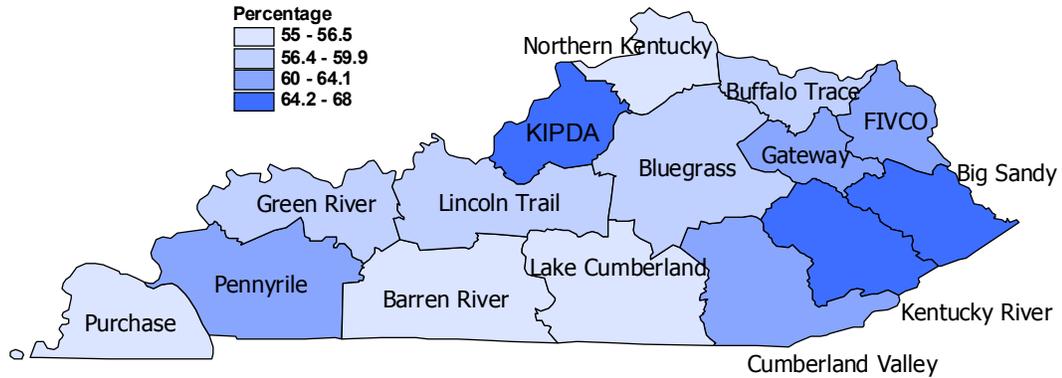
Missing, "Don't Know", and Refused Responses are excluded.
 95% CI = 95% Confidence Interval
 NH = Non-Hispanic



Weight Control: Overweight

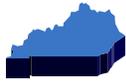
Kentucky BRFSS 2000 Report

Overweight 2000 BRFSS Data by Area Development District



Overweight by Nation, Kentucky, and ADD Kentucky BRFSS 2000		
	%	95% (CI)
National Median*	57.1	
Total Kentucky	61.0	(59.3 - 62.7)
ADDs		
Barren River	55.9	(49.9 - 61.7)
Big Sandy	68.0	(62.1 - 73.3)
Bluegrass	59.3	(54.3 - 64.1)
Buffalo Trace	59.7	(53.3 - 65.8)
Cumberland Valley	62.0	(56.1 - 67.5)
FIVCO	64.1	(56.6 - 70.9)
Gateway	62.8	(57.0 - 68.2)
Green River	59.9	(54.0 - 65.4)
Kentucky River	66.3	(60.7 - 71.4)
KIPDA	65.9	(60.8 - 70.7)
Lake Cumberland	55.0	(49.1 - 60.7)
Lincoln Trail	59.9	(54.5 - 65.1)
Northern Kentucky	56.3	(50.9 - 61.6)
Pennyrile	61.9	(56.4 - 67.0)
Purchase	56.5	(51.2 - 61.7)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., and Puerto Rico. The confidence interval is not available.



Weight Control: Obesity

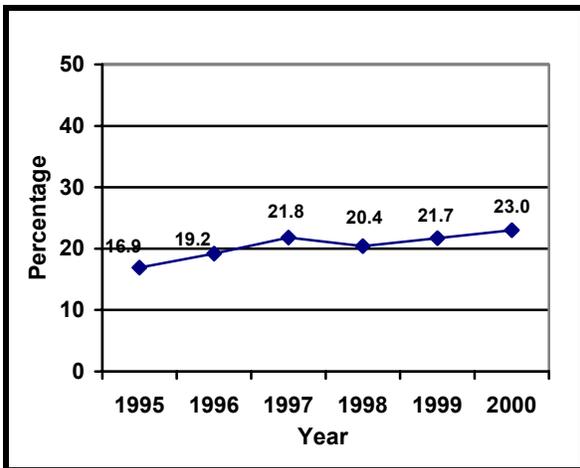
Kentucky BRFSS 2000 Report

Definition :

Individuals age 18 and older who have a body mass index (BMI) of greater than or equal to 30kg/m².

- In Kentucky, 23.0% of the adult population are obese.
- Approximately the same percentage of males and females are obese.
- Among African Americans, 30.1% are obese compared to 22.6% of Whites.
- The percentage of adult Kentuckians who are obese has increased from 16.9% in 1995 to 23.0% in 2000.

**Obesity
BRFSS, Kentucky Statewide Data**



Obesity by Demographic Groups Kentucky BRFSS 2000		
Demographic Groups	%	95% (CI)
Total	23.0	(21.5 - 24.5)
Gender		
Male	24.1	(21.9 - 26.4)
Female	22.0	(20.1 - 24.0)
Race		
White/NH	22.6	(21.1 - 24.1)
African American/NH	30.1	(23.0 - 38.3)
Age		
18-24	15.2	(10.8 - 20.8)
25-34	24.4	(21.0 - 28.2)
35-44	25.4	(22.1 - 29.0)
45-54	27.5	(24.1 - 31.1)
55-64	27.5	(23.8 - 31.6)
65+	17.1	(14.4 - 20.1)
Education		
Less than H.S.	23.7	(20.7 - 27.0)
H.S. or GED	23.9	(21.6 - 26.4)
Some Post H.S.	25.3	(22.1 - 28.8)
College Graduate	17.5	(14.6 - 20.8)
Household Income		
Less than \$15,000	28.0	(24.0 - 32.4)
\$15,000 - 24,999	24.4	(21.3 - 27.8)
\$25,000 - 34,999	27.9	(23.9 - 32.3)
\$35,000 - 49,999	21.7	(18.2 - 25.7)
\$50,000 +	19.5	(16.4 - 23.1)

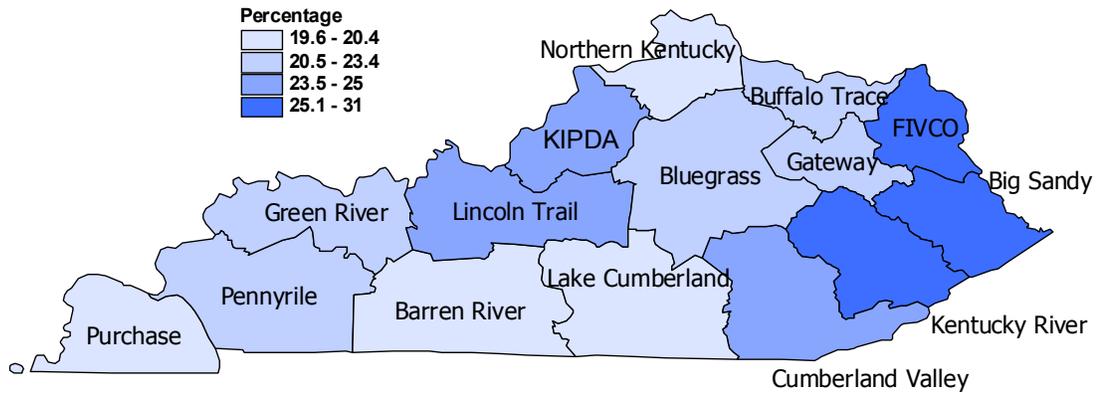
Missing, "Don't Know", and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic



Weight Control: Obesity

Kentucky BRFSS 2000 Report

Obesity 2000 BRFSS Data by Area Development District



Obesity by Nation, Kentucky, and ADD Kentucky BRFSS 2000		
	%	95% (CI)
National Median*	20.1	
Total Kentucky	23.0	(21.5 - 24.5)
ADDs		
Barren River	19.8	(16.1 - 24.3)
Big Sandy	31.0	(25.4 - 37.2)
Bluegrass	21.3	(17.5 - 25.6)
Buffalo Trace	23.4	(18.6 - 28.9)
Cumberland Valley	24.3	(19.7 - 29.5)
FIVCO	26.5	(21.6 - 32.1)
Gateway	21.0	(17.0 - 25.8)
Green River	23.4	(18.9 - 28.6)
Kentucky River	26.0	(21.3 - 31.3)
KIPDA	25.0	(20.6 - 30.0)
Lake Cumberland	20.4	(16.2 - 25.3)
Lincoln Trail	24.4	(20.1 - 29.3)
Northern Kentucky	19.6	(15.8 - 24.0)
Pennyrile	23.3	(19.0 - 28.2)
Purchase	19.7	(15.8 - 24.3)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., and Puerto Rico. The confidence interval is not available.



Exercise: Lack of Any Type of Physical Activity

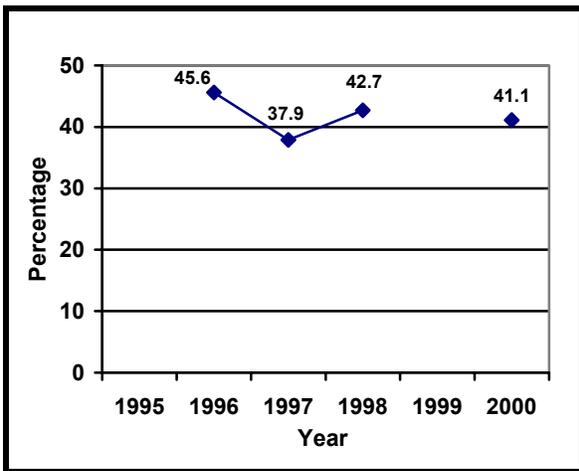
Kentucky BRFSS 2000 Report

Definition :

Individuals age 18 and older who answered "No" to the following question, "During the past month, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise."

- In Kentucky, 41.1% of the adult population do not participate in any type of physical activity.
- Approximately the same percentage of males and females are sedentary.
- Approximately 41% of Whites are sedentary compared to 45% of African Americans.
- Among Kentuckians with less than a high school education, 62.5% do not participate in any type of physical activity. However, only 20.3% of college graduates are not physically active.

Lack of Any Type of Physical Activity BRFSS, Kentucky Statewide Data



Physical activity questions were not asked in 1995 or 1999.

Lack of Any Type of Physical Activity by Demographic Groups Kentucky BRFSS 2000

Demographic Groups	%	95% (CI)
Total	41.1	(39.4 - 42.8)
Gender		
Male	40.0	(37.5 - 42.5)
Female	42.1	(39.9 - 44.3)
Race		
White/NH	40.9	(39.2 - 42.6)
African American/NH	44.9	(36.9 - 53.1)
Age		
18-24	26.4	(21.3 - 32.1)
25-34	34.2	(30.4 - 38.3)
35-44	42.1	(38.4 - 45.9)
45-54	43.1	(39.4 - 46.9)
55-64	48.9	(44.6 - 53.3)
65+	50.4	(47.0 - 53.9)
Education		
Less than H.S.	62.5	(59.0 - 65.8)
H.S. or GED	45.8	(43.1 - 48.6)
Some Post H.S.	32.6	(29.2 - 36.2)
College Graduate	20.3	(17.4 - 23.5)
Household Income		
Less than \$15,000	53.9	(49.2 - 58.5)
\$15,000 - 24,999	49.8	(46.1 - 53.6)
\$25,000 - 34,999	44.5	(40.0 - 49.1)
\$35,000 - 49,999	34.8	(30.7 - 39.3)
\$50,000 +	27.1	(23.6 - 30.9)

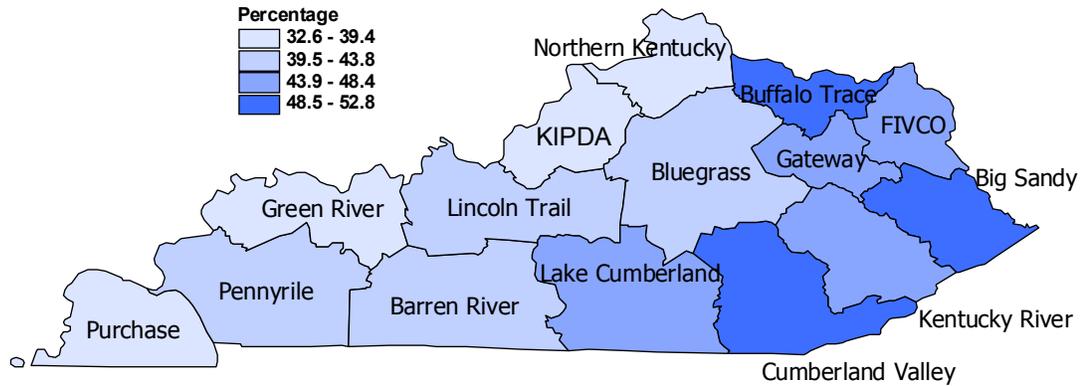
Missing, "Don't Know" and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic



Exercise: Lack of Any Type of Physical Activity

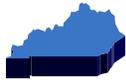
Kentucky BRFSS 2000 Report

Lack of Any Type of Physical Activity 2000 BRFSS Data by Area Development District



Lack of Any Type of Physical Activity by Nation, Kentucky, and ADD Kentucky BRFSS 2000		
	%	95% (CI)
National Median*	26.9	
Total Kentucky	41.1	(39.4 - 42.8)
ADDs		
Barren River	39.5	(34.3 - 45.1)
Big Sandy	51.8	(45.8 - 57.7)
Bluegrass	40.0	(35.3 - 44.9)
Buffalo Trace	48.5	(42.5 - 54.7)
Cumberland Valley	52.8	(47.0 - 58.5)
FIVCO	48.4	(42.0 - 54.9)
Gateway	45.1	(39.7 - 50.6)
Green River	39.4	(34.1 - 45.1)
Kentucky River	47.9	(42.5 - 53.4)
KIPDA	36.9	(32.1 - 42.0)
Lake Cumberland	48.3	(42.6 - 54.1)
Lincoln Trail	43.8	(38.7 - 49.0)
Northern Kentucky	32.6	(28.0 - 37.6)
Pennyrile	41.3	(36.3 - 46.6)
Purchase	37.0	(32.2 - 42.1)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., and Puerto Rico. The confidence interval is not available.



Exercise: Lack of Regular and Sustained Physical Activity

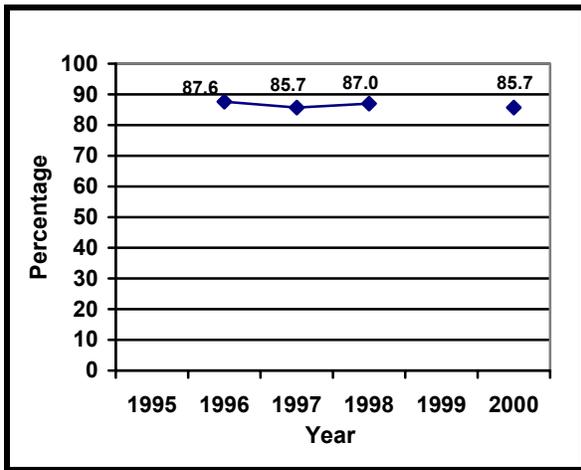
Kentucky BRFSS 2000 Report

Definition :

Individuals age 18 and older who do not participate in any type of physical activity or participate in less than 30 minutes of activity, five or more times a week.

- In Kentucky, 85.7% of the adult population do not participate in regular and sustained physical activity.
- About the same percentage of males and females do not participate in regular and sustained physical activity.
- The high prevalence is also very similar for Whites, 85.7%, and African Americans, 86.3%.
- Among the different age groups, the prevalence is highest, 88.0%, among those age 45 to 54.

Lack of Regular and Sustained Physical Activity BRFSS, Kentucky Statewide Data



Physical activity questions were not asked in 1995 or 1999.

Lack of Regular and Sustained Physical Activity by Demographic Groups Kentucky BRFSS 2000

Demographic Groups	%	95% (CI)
Total	85.7	(84.4 - 86.9)
Gender		
Male	84.6	(82.6 - 86.5)
Female	86.7	(85.1 - 88.1)
Race		
White/NH	85.7	(84.4 - 86.9)
African American/NH	86.3	(78.5 - 91.6)
Age		
18-24	81.2	(76.2 - 85.4)
25-34	84.2	(81.0 - 87.0)
35-44	86.2	(83.0 - 88.9)
45-54	88.0	(85.3 - 90.2)
55-64	87.7	(84.6 - 90.3)
65+	86.4	(83.9 - 88.5)
Education		
Less than H.S.	91.2	(89.0 - 92.9)
H.S. or GED	87.3	(85.3 - 89.0)
Some Post H.S.	83.8	(80.8 - 86.4)
College Graduate	79.0	(75.4 - 82.2)
Household Income		
Less than \$15,000	88.6	(84.7 - 91.6)
\$15,000 - 24,999	87.7	(85.0 - 90.0)
\$25,000 - 34,999	86.1	(82.9 - 88.8)
\$35,000 - 49,999	87.9	(84.9 - 90.4)
\$50,000 +	80.5	(76.8 - 83.7)

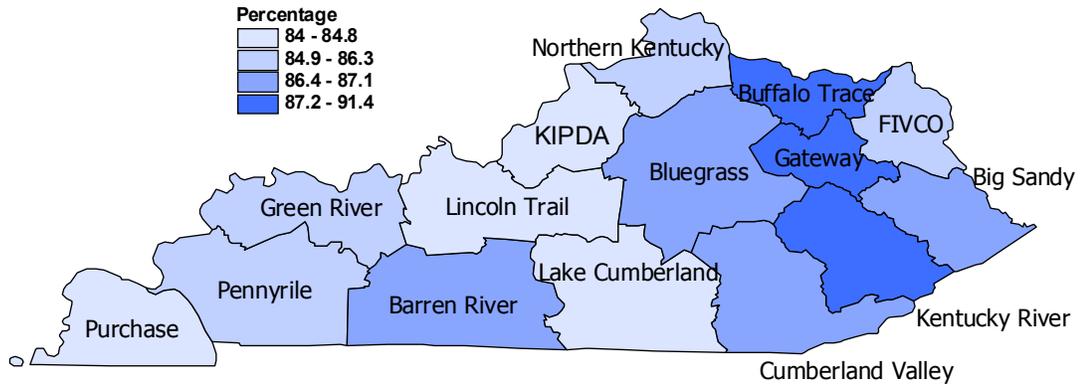
Missing, "Don't Know", and Refused Responses are excluded.
95% CI = 95% Confidence Interval



Exercise: Lack of Regular and Sustained Physical Activity

Kentucky BRFSS 2000 Report

Lack of Regular and Sustained Physical Activity 2000 BRFSS Data by Area Development District



Lack of Regular and Sustained Physical Activity by Nation, Kentucky, and ADD Kentucky BRFSS 2000		
	%	95% (CI)
National Median*	78.2	
Total Kentucky	85.7	(84.4 - 86.9)
ADDs		
Barren River	87.1	(82.4 - 90.6)
Big Sandy	86.6	(82.0 - 90.1)
Bluegrass	86.8	(83.2 - 89.7)
Buffalo Trace	91.4	(87.6 - 94.2)
Cumberland Valley	86.7	(82.7 - 89.9)
FIVCO	86.3	(82.3 - 89.6)
Gateway	88.9	(84.8 - 92.0)
Green River	85.5	(80.8 - 89.2)
Kentucky River	87.2	(83.3 - 90.4)
KIPDA	84.2	(80.0 - 87.7)
Lake Cumberland	84.5	(79.3 - 88.6)
Lincoln Trail	84.8	(80.5 - 88.3)
Northern Kentucky	85.6	(81.5 - 88.9)
Pennyryle	85.0	(80.3 - 88.7)
Purchase	84.0	(79.6 - 87.6)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., and Puerto Rico. The confidence interval is not available.



Women's Health: No Breast Cancer Screening Within the Past Two Years

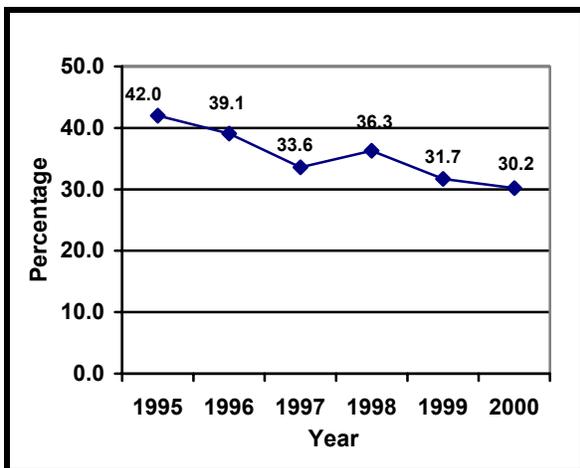
Kentucky BRFSS 2000 Report

Definition :

Women age 50 and older who have not had a mammogram and clinical breast exam (CBE) in the past two years.

- In Kentucky, 30.2% of the female population age 50 and older have not had a mammogram and CBE in the past two years.
- Approximately 31% of White women age 50 and older have not been screened for breast cancer, compared to only 21% of African American women.
- Among different education levels, females age 50 and older who had less than a high school education had the highest prevalence of not being screened for breast cancer, 41.7%.
- Approximately 52% of women without insurance have not been screened for breast cancer compared to only of 28% of women with health insurance.

No Breast Cancer Screening Within the Past Two Years BRFSS, Kentucky Statewide Data



No Breast Cancer Screening Within the Past Two Years by Demographic Groups Kentucky BRFSS 2000

Demographic Groups	%	95% (CI)
Total	30.2	(27.5 - 33.0)
Race		
White/NH	31.1	(28.2 - 34.0)
African American/NH	20.8	(10.7 - 30.8)
Education		
Less than H.S.	41.7	(36.4 - 47.0)
H.S. or GED	27.5	(23.1 - 31.9)
Some Post H.S.	21.8	(16.2 - 27.4)
College Graduate	24.4	(16.9 - 31.9)
Household Income		
Less than \$15,000	47.4	(40.8 - 53.9)
\$15,000 - 24,999	30.7	(24.3 - 37.1)
\$25,000 - 34,999	27.7	(19.1 - 36.3)
\$35,000 - 49,999	18.4	(11.1 - 25.6)
\$50,000 +	19.1	(11.0 - 27.2)
Health Insurance		
Yes	28.2	(25.4 - 31.0)
No	52.4	(42.4 - 62.5)

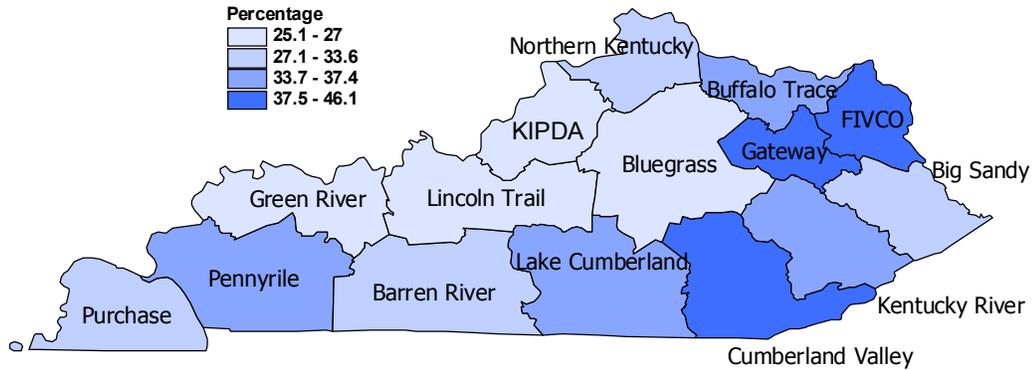
Missing, "Don't Know", and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic

- Positive steps have been made to reduce the percentage of women age 50 and older who have not received a mammogram and CBE in the past two years. The prevalence decreased from 42.0% in 1995 to 30.2% 2000.



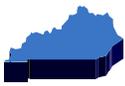
Women's Health:
No Breast Cancer Screening Within the Past Two Years
 Kentucky BRFSS 2000 Report

**No Breast Cancer Screening
 Within the Past Two Years
 2000 BRFSS Data by Area Development District**



No Breast Cancer Screening Within the Past Two Years by Nation, Kentucky, and ADD Kentucky BRFSS 2000		
	%	95% (CI)
National Median*	28.9	
Total Kentucky	30.2	(27.5 - 33.0)
ADDs		
Barren River	33.6	(25.0 - 42.3)
Big Sandy	29.5	(19.3 - 39.6)
Bluegrass	26.0	(17.7 - 34.3)
Buffalo Trace	36.9	(26.2 - 47.7)
Cumberland Valley	39.8	(29.7 - 49.9)
FIVCO	46.1	(37.1 - 55.1)
Gateway	38.5	(29.5 - 47.5)
Green River	26.0	(17.5 - 34.5)
Kentucky River	37.4	(27.6 - 47.1)
KIPDA	25.1	(17.3 - 32.8)
Lake Cumberland	36.3	(27.3 - 45.3)
Lincoln Trail	27.0	(18.8 - 35.2)
Northern Kentucky	30.9	(21.1 - 40.7)
Pennyrile	34.7	(25.6 - 43.7)
Purchase	27.6	(19.6 - 35.6)

*National Median is the middle value of the prevalence estimates from 49 states, Washington D.C., and Puerto Rico. The confidence interval is not available.



Women's Health: No Cervical Cancer Screening Within the Past Three Years

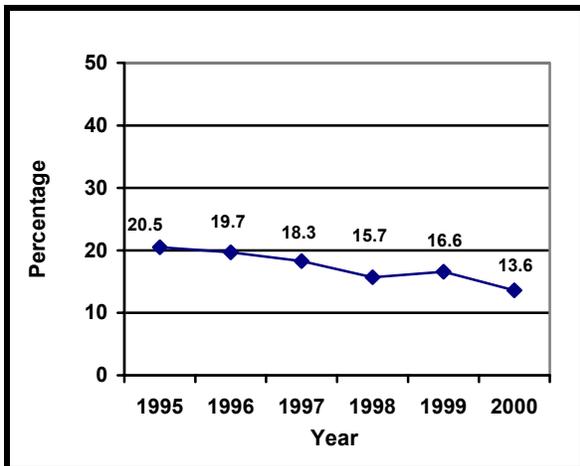
Kentucky BRFSS 2000 Report

Definition :

Women age 18 and older with an intact cervix who have not had a Pap test in the past three years.

- In Kentucky, 13.6% of the adult female population have not had a Pap test in the past three years.
- Fourteen percent of white females have not had a Pap test in the past three years. This prevalence is considerably higher than for African Americans, 4.1%.
- Approximately 18% of women without health insurance have not been screened for cervical cancer compared to only 13% of women with health insurance.
- The percentage of women who have not had a Pap test in the past three years has decreased from 20.5% in 1995 to 13.6% in 2000.

No Cervical Cancer Screening Within the Past Three Years BRFSS, Kentucky Statewide Data



No Cervical Cancer Screening Within the Past Three Years by Demographic Groups Kentucky BRFSS 2000

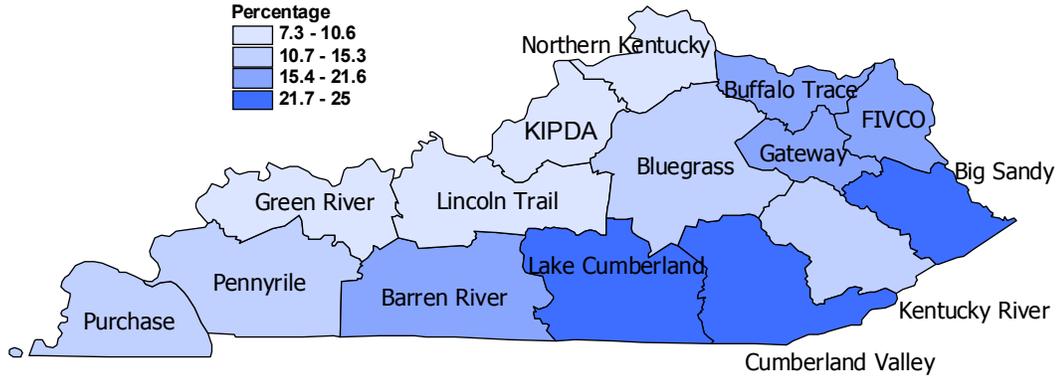
Demographic Groups	%	95% (CI)
Total	13.6	(11.9 - 15.2)
Race		
White/NH	14.0	(12.2 - 15.8)
African American/NH	4.1	(.8 - 7.3)
Age		
18-24	13.6	(8.3 - 18.9)
25-34	7.5	(4.9 - 10.0)
35-44	10.6	(7.5 - 13.8)
45-54	11.9	(7.8 - 16.0)
55-64	16.3	(10.4 - 22.1)
65+	27.7	(22.8 - 32.7)
Education		
Less than H.S.	23.9	(19.2 - 28.5)
H.S. or GED	13.8	(11.0 - 16.6)
Some Post H.S.	10.2	(6.9 - 13.6)
College Graduate	9.5	(6.2 - 12.7)
Household Income		
Less than \$15,000	23.7	(18.1 - 29.4)
\$15,000 - 24,999	13.2	(9.9 - 16.5)
\$25,000 - 34,999	14.5	(9.6 - 19.3)
\$35,000 - 49,999	9.2	(5.6 - 12.8)
\$50,000 +	8.2	(4.5 - 11.8)
Health Insurance		
Yes	12.6	(10.8 - 14.5)
No	18.2	(13.6 - 22.7)

Missing, "Don't Know", and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic



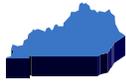
**Women's Health:
No Cervical Cancer Screening Within the Past Three Years**
Kentucky BRFSS 2000 Report

**No Cervical Cancer Screening
Within the Past Three Years
2000 BRFSS Data by Area Development District**



No Cervical Cancer Screening Within the Past Three Years by Nation, Kentucky, and ADD Kentucky BRFSS 2000		
	%	95% (CI)
National Median*	13.2	
Total Kentucky	13.6	(11.9 - 15.2)
ADDs		
Barren River	21.6	(12.9 - 30.3)
Big Sandy	22.8	(16.0 - 29.6)
Bluegrass	12.2	(7.6 - 16.8)
Buffalo Trace	16.2	(9.5 - 22.9)
Cumberland Valley	22.2	(15.3 - 29.1)
FIVCO	18.4	(11.5 - 25.2)
Gateway	17.8	(11.5 - 24.1)
Green River	7.3	(3.1 - 11.6)
Kentucky River	14.1	(8.4 - 19.7)
KIPDA	8.1	(4.1 - 12.1)
Lake Cumberland	25.0	(14.4 - 35.6)
Lincoln Trail	9.8	(5.3 - 14.3)
Northern Kentucky	10.6	(6.3 - 15.0)
Pennyrile	15.3	(8.2 - 22.4)
Purchase	11.9	(7.0 - 16.7)

*National Median is the middle value of the prevalence estimates from 49 states, Washington D.C., and Puerto Rico. The confidence interval is not available.



HIV Testing in the Past Year

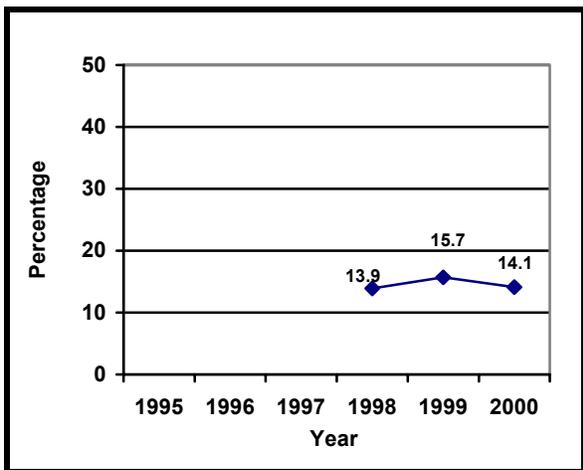
Kentucky BRFSS 2000

Definition :

Individuals age 18 to 64 who had been tested for HIV in the past year. This does not include testing only for the purpose of blood donation.

- In Kentucky, 14.1% of the population age 18 to 64 have been tested for HIV in the past year.
- Approximately the same percentage of males and females have been tested for HIV in the past year.
- A higher percentage of African Americans, 21.7%, have been tested compared to Whites, 13.4%.
- Among the age groups, those persons age 25 to 34 have the highest testing percentage, 22.0%, while those age 55 to 64 have the lowest testing percentage, 6.4%.

HIV Testing in the Past Year BRFSS, Kentucky Statewide Data



The HIV testing questions asked in 1995 through 1997 were not similar to the most recent questions and were not included for comparison.

HIV Testing in the Past Year by Demographic Groups Kentucky BRFSS 2000

Demographic Groups	%	95% (CI)
Total	14.1	(12.8 - 15.5)
Gender		
Male	12.6	(10.8 - 14.6)
Female	15.6	(13.7 - 17.6)
Race		
White/NH	13.4	(12.0 - 14.9)
African American/NH	21.7	(15.7 - 29.2)
Age		
18-24	19.2	(15.5 - 23.7)
25-34	22.0	(18.6 - 25.8)
35-44	11.5	(9.1 - 14.4)
45-54	10.0	(7.9 - 12.7)
55-64	6.4	(4.8 - 8.6)
Education		
Less than H.S.	15.0	(11.9 - 18.7)
H.S. or GED	14.0	(11.9 - 16.4)
Some Post H.S.	14.8	(12.2 - 18.0)
College Graduate	12.3	(9.8 - 15.3)
Household Income		
Less than \$15,000	23.0	(18.2 - 28.8)
\$15,000 - 24,999	19.8	(16.6 - 23.4)
\$25,000 - 34,999	10.5	(8.0 - 13.7)
\$35,000 - 49,999	12.3	(9.6 - 15.7)
\$50,000 +	10.3	(7.9 - 13.2)

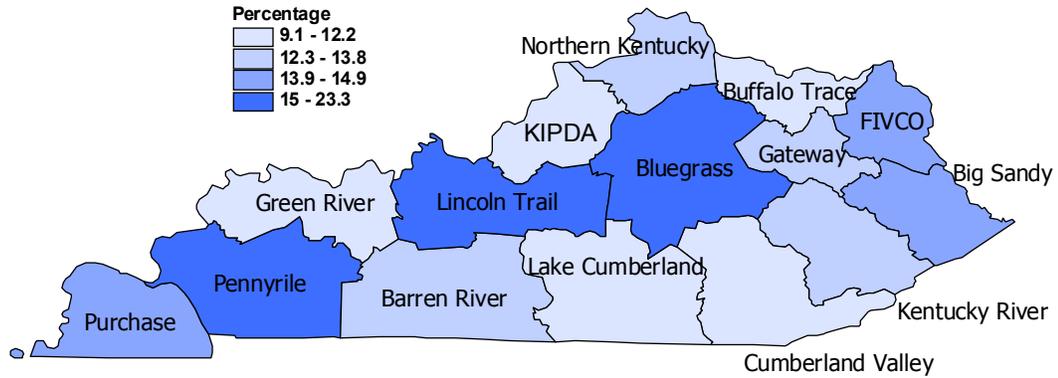
Missing, "Don't Know" and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic



HIV Testing in the Past Year

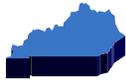
Kentucky BRFSS 2000

HIV Testing in the Past Year 2000 BRFSS Data by Area Development District



HIV Testing in the Past Year by Nation, Kentucky, and ADD Kentucky BRFSS 2000		
	%	95% (CI)
National Median*	15.5	
Total Kentucky	14.1	(12.8 - 15.5)
ADDs		
Barren River	13.8	(10.2 - 18.4)
Big Sandy	14.8	(10.7 - 20.0)
Bluegrass	15.9	(12.3 - 20.3)
Buffalo Trace	11.4	(6.8 - 18.4)
Cumberland Valley	9.9	(6.7 - 14.4)
FIVCO	14.9	(7.5 - 27.5)
Gateway	12.8	(8.6 - 18.4)
Green River	9.1	(5.7 - 14.3)
Kentucky River	13.7	(9.5 - 19.4)
KIPDA	12.2	(9.0 - 16.3)
Lake Cumberland	12.2	(8.4 - 17.5)
Lincoln Trail	18.3	(13.8 - 23.7)
Northern Kentucky	12.8	(9.1 - 17.8)
Pennyrile	23.3	(18.2 - 29.3)
Purchase	14.9	(10.4 - 20.8)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., and Puerto Rico. The confidence interval is not available.



Ever Had a Heart Attack or Myocardial Infarction

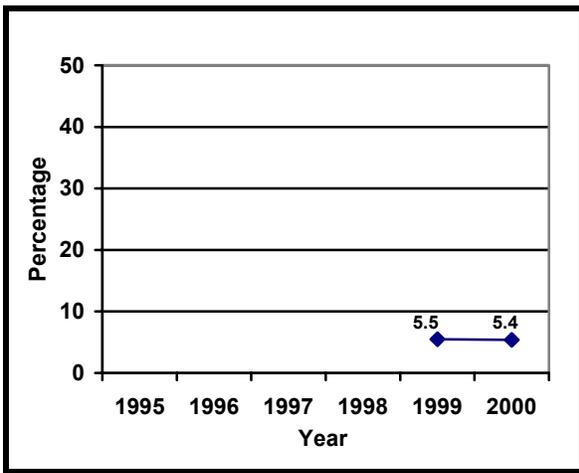
Kentucky BRFSS 2000 Report

Definition :

Individuals age 18 and older who answered "Yes" to the following question. "Has a doctor ever told you that you had a heart attack or myocardial infarction (MI)?"

- In Kentucky, 5.4% of the adult population have been told by a doctor that they had either a heart attack or MI.
- A higher percentage of males, 7.0%, have had a heart attack or MI compared to females, 3.9%.
- Approximately the same percentage, 5%, of Whites and African Americans have ever had a heart attack or MI.
- Of Kentuckians age 65 and older, 14.4% have ever had a heart attack or MI.

Ever Had a Heart Attack or M.I. BRFSS, Kentucky Statewide Data



Questions on heart attack and MI were not asked from 1995 through 1998.

Ever Had A Heart Attack or M.I. by Demographic Groups Kentucky BRFSS 2000

Demographic Groups	%	95% (CI)
Total	5.4	(4.7 - 6.1)
Gender		
Male	7.0	(5.9 - 8.2)
Female	3.9	(3.3 - 4.7)
Race		
White/NH	5.4	(4.8 - 6.2)
African American/NH	4.6	(2.5 - 8.6)
Age		
18-24	.6	(.2 - 1.6)
25-34	.6	(.2 - 1.4)
35-44	1.8	(1.0 - 3.2)
45-54	6.1	(4.6 - 8.1)
55-64	9.6	(7.2 - 12.6)
65+	14.4	(12.2 - 16.9)
Education		
Less than H.S.	10.5	(8.7 - 12.6)
H.S. or GED	4.5	(3.6 - 5.6)
Some Post H.S.	4.3	(3.2 - 5.8)
College Graduate	3.2	(1.9 - 5.3)
Household Income		
Less than \$15,000	8.4	(6.5 - 10.7)
\$15,000 - 24,999	7.7	(6.0 - 9.7)
\$25,000 - 34,999	3.6	(2.3 - 5.6)
\$35,000 - 49,999	4.4	(2.9 - 6.5)
\$50,000 +	2.9	(1.6 - 5.1)

Missing, "Don't Know", and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic



Ever Had a Heart Attack or Myocardial Infarction

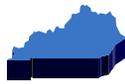
Kentucky BRFSS 2000 Report

Ever Had a Heart Attack or Myocardial Infarction 2000 BRFSS Data by Area Development District



Ever Had a Heart Attack or Myocardial Infarction by Nation, Kentucky and ADD Kentucky BRFSS 2000		
	%	95% (CI)
National Median*	4.3	
Total Kentucky	5.4	(4.7 - 6.1)
ADDs		
Barren River	4.5	(2.9 - 7.0)
Big Sandy	2.9	(1.6 - 5.2)
Bluegrass	4.2	(2.7 - 6.5)
Buffalo Trace	5.5	(3.3 - 9.2)
Cumberland Valley	8.5	(6.1 - 11.7)
FIVCO	6.8	(4.6 - 9.8)
Gateway	4.6	(3.0 - 7.2)
Green River	5.0	(3.2 - 7.5)
Kentucky River	7.6	(5.2 - 11.0)
KIPDA	5.3	(3.6 - 7.6)
Lake Cumberland	6.4	(4.3 - 9.5)
Lincoln Trail	5.8	(3.9 - 8.6)
Northern Kentucky	5.3	(3.5 - 8.1)
Pennyrile	5.3	(3.6 - 7.8)
Purchase	6.3	(4.1 - 9.5)

*National Median is the middle value of the prevalence estimates from 13 states and Washington D.C. The confidence interval is not available.



Ever Had a Stroke

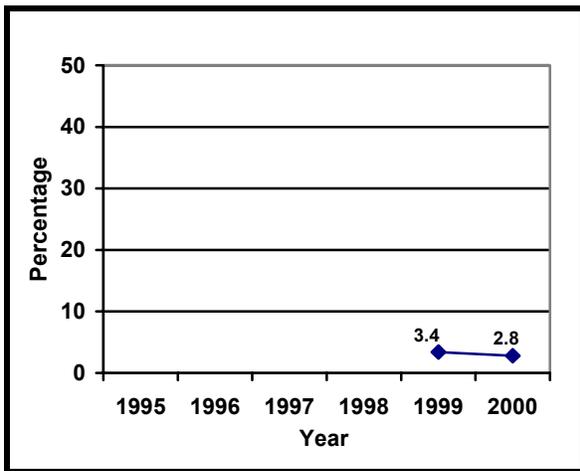
Kentucky BRFSS 2000 Report

Definition :

Individuals age 18 and older who answered "Yes" to the following question. "Has a doctor ever told you that you had a stroke?"

- In Kentucky, 2.8% of the adult population have been told by a doctor that they had a stroke.
- About the same percentage, 3%, of males and females have ever had a stroke.
- Approximately 8% of those Kentuckians age 65 and older have ever had a stroke.
- Seven percent of Kentuckians with a household income of less than \$15,000 have ever had a stroke compared to only 1.2% of Kentuckians with a household income of greater than \$50,000.

Ever Had a Stroke BRFSS, Kentucky Statewide Data



Questions on stroke were not asked from 1995 through 1998.

Ever Had a Stroke by Demographic Groups Kentucky BRFSS 2000		
Demographic Groups	%	95% (CI)
Total	2.8	(2.3 - 3.4)
Gender		
Male	2.6	(2.0 - 3.5)
Female	3.0	(2.3 - 3.9)
Race		
White/NH	2.6	(2.2 - 3.1)
African American/NH	4.7	(1.9 - 11.0)
Age		
18-24	.4	(.1 - 1.4)
25-34	1.0	(.4 - 2.4)
35-44	1.2	(.6 - 2.5)
45-54	2.7	(1.5 - 4.6)
55-64	3.4	(2.2 - 5.1)
65+	8.2	(6.5 - 10.3)
Education		
Less than H.S.	5.8	(4.5 - 7.4)
H.S. or GED	2.6	(1.9 - 3.6)
Some Post H.S.	2.1	(1.3 - 3.5)
College Graduate	1.1	(.5 - 2.6)
Household Income		
Less than \$15,000	7.0	(5.0 - 9.9)
\$15,000 - 24,999	3.8	(2.6 - 5.5)
\$25,000 - 34,999	1.2	(.7 - 2.1)
\$35,000 - 49,999	1.6	(.8 - 3.0)
\$50,000 +	1.2	(.4 - 3.3)

Missing, "Don't Know", and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic



Ever Had a Stroke
Kentucky BRFSS 2000 Report

**Ever Had a Stroke
2000 BRFSS Data by Area Development District**



Ever Had a Stroke by Nation, Kentucky, and ADD Kentucky BRFSS 2000		
	%	95% (CI)
National Median*	2.4	
Total Kentucky	2.8	(2.3 - 3.4)
ADDs		
Barren River	2.4	(1.4 - 4.1)
Big Sandy	2.3	(1.2 - 4.3)
Bluegrass	2.3	(1.3 - 4.2)
Buffalo Trace	4.2	(2.3 - 7.3)
Cumberland Valley	3.3	(2.0 - 5.6)
FIVCO	4.6	(2.8 - 7.4)
Gateway	2.7	(1.6 - 4.6)
Green River	2.5	(1.4 - 4.4)
Kentucky River	4.0	(2.5 - 6.3)
KIPDA	2.9	(1.6 - 5.3)
Lake Cumberland	4.1	(2.5 - 6.5)
Lincoln Trail	3.3	(2.0 - 5.6)
Northern Kentucky	1.6	(.7 - 3.8)
Pennyrile	2.8	(1.7 - 4.5)
Purchase	3.1	(1.8 - 5.3)

*National Median is the middle value of the prevalence estimates from 13 states and Washington D.C. The confidence interval is not available.



Arthritis

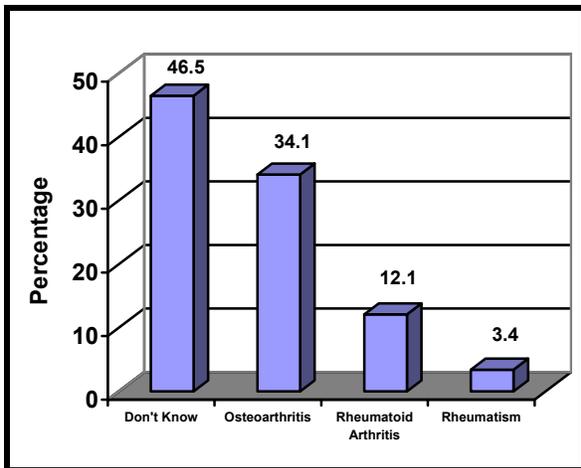
Kentucky BRFSS 2000 Report

Definition :

Individuals age 18 and older who either have chronic joint symptoms or have been told by a doctor that they have arthritis

- In Kentucky, 40.0% of the adult population have arthritis.
- The prevalence of arthritis is 41.9% among females and 37.9% among males.
- Approximately 35% of African Americans have arthritis compared to 40% of Whites.
- Among the age groups, those age 65 and older have the highest prevalence, 63.7%, while those age 18-24 have the lowest prevalence, 17.1%.
- Of those persons who had been told by a doctor that they had arthritis, 46.5% did not know the type of arthritis. See chart below.

**Type of Arthritis, Top Four Responses
BRFSS 2000, Kentucky Statewide Data**

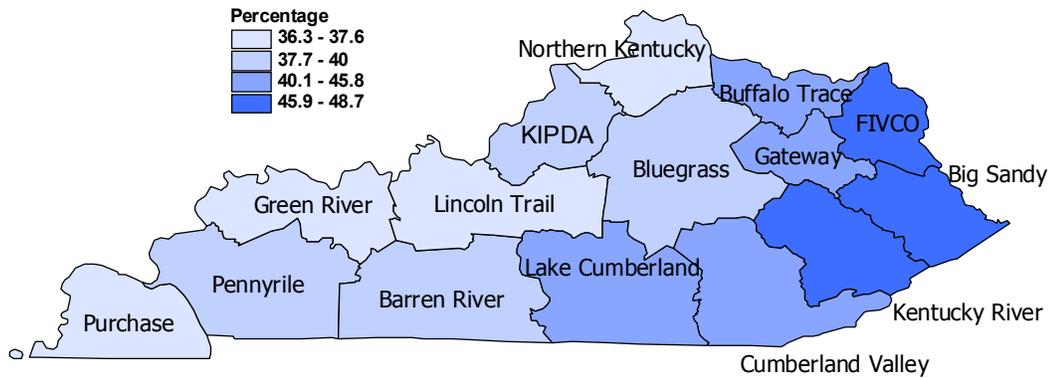


Arthritis by Demographic Groups Kentucky BRFSS 2000		
Demographic Groups	%	95% (CI)
Total	40.0	(38.3 - 41.7)
Gender		
Male	37.9	(35.3 - 40.5)
Female	41.9	(39.8 - 44.2)
Race		
White/NH	40.3	(38.6 - 42.0)
African American/NH	35.4	(28.0 - 43.6)
Age		
18-24	17.1	(12.9 - 22.5)
25-34	25.4	(21.9 - 29.2)
35-44	31.5	(28.0 - 35.2)
45-54	46.8	(42.9 - 50.7)
55-64	56.4	(52.0 - 60.7)
65+	63.7	(60.3 - 66.9)
Education		
Less than H.S.	55.0	(51.3 - 58.6)
H.S. or GED	39.9	(37.2 - 42.6)
Some Post H.S.	36.4	(32.8 - 40.1)
College Graduate	29.3	(25.8 - 33.0)
Household Income		
Less than \$15,000	55.9	(51.1 - 60.6)
\$15,000 - 24,999	43.8	(40.1 - 47.6)
\$25,000 - 34,999	37.1	(33.0 - 41.5)
\$35,000 - 49,999	35.0	(30.8 - 39.4)
\$50,000 +	29.8	(26.1 - 33.8)

Missing, "Don't Know", and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic

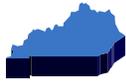


**Arthritis
2000 BRFSS Data by Area Development District**



Arthritis by Nation, Kentucky, and ADD Kentucky BRFSS 2000		
	%	95% (CI)
National Median*	32.6	
Total Kentucky	40.0	(38.3 - 41.7)
ADDs		
Barren River	40.0	(34.5 - 45.6)
Big Sandy	48.7	(42.7 - 54.7)
Bluegrass	39.6	(34.9 - 44.5)
Buffalo Trace	40.6	(34.8 - 46.6)
Cumberland Valley	45.8	(40.2 - 51.6)
FIVCO	46.5	(40.3 - 52.8)
Gateway	41.6	(36.4 - 47.1)
Green River	37.6	(32.3 - 43.1)
Kentucky River	47.7	(42.2 - 53.3)
KIPDA	38.4	(33.5 - 43.6)
Lake Cumberland	41.3	(35.8 - 47.0)
Lincoln Trail	36.9	(32.0 - 42.0)
Northern Kentucky	36.3	(31.4 - 41.4)
Pennyrile	39.2	(34.2 - 44.5)
Purchase	37.1	(32.4 - 42.1)

*National Median is the middle value of the prevalence estimates from 36 states. The confidence interval is not available.



Activity Limitation

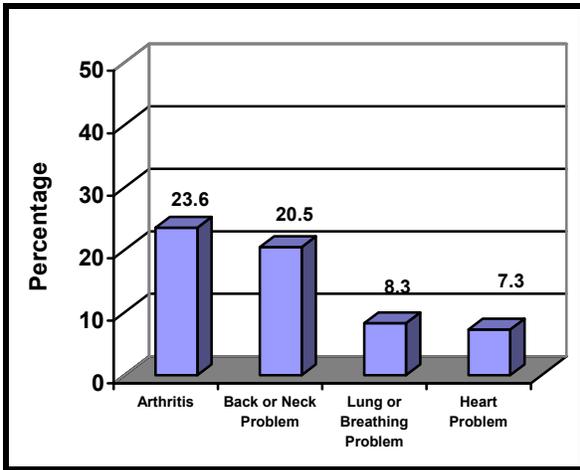
Kentucky BRFSS 2000 Report

Definition :

Individuals age 18 and older who answered "Yes" to the following question, "Are you limited in any way in any activities because of any impairment or health problem?"

- In Kentucky, 22.6% of the adult population experience activity limitations because of an impairment or health problem.
- The prevalence of activity limitation is approximately the same for males as females.
- African Americans have a lower prevalence of activity limitation, 17.7%, compared to Whites, 22.8%.
- Among the age groups, those age 65 and older have the highest prevalence, 37.4%, while those age 18-24 have the lowest prevalence, 8.8%.
- Of those persons who are limited by a health problem, arthritis at 23.6% is the main impairment that limits their activities. See chart below.

Top Four Impairments that Limit Physical Activities 2000 BRFSS, Kentucky Statewide Data



Activity Limitation by Demographic Groups Kentucky BRFSS 2000		
Demographic Groups	%	95% (CI)
Total	22.6	(21.3 - 24.0)
Gender		
Male	21.9	(20.0 - 24.1)
Female	23.2	(21.4 - 25.0)
Race		
White/NH	22.8	(21.5 - 24.3)
African American/NH	17.7	(12.8 - 23.9)
Age		
18-24	8.8	(5.9 - 12.8)
25-34	11.4	(9.1 - 14.3)
35-44	18.3	(15.6 - 21.2)
45-54	26.3	(23.1 - 29.8)
55-64	34.2	(30.4 - 38.2)
65+	37.4	(34.1 - 40.8)
Education		
Less than H.S.	37.5	(34.2 - 41.0)
H.S. or GED	21.9	(19.8 - 24.2)
Some Post H.S.	19.2	(16.6 - 22.1)
College Graduate	12.3	(10.2 - 14.9)
Household Income		
Less than \$15,000	49.2	(44.6 - 53.9)
\$15,000 - 24,999	26.9	(23.8 - 30.2)
\$25,000 - 34,999	17.1	(14.1 - 20.6)
\$35,000 - 49,999	16.2	(13.2 - 19.7)
\$50,000 +	11.7	(9.2 - 14.6)

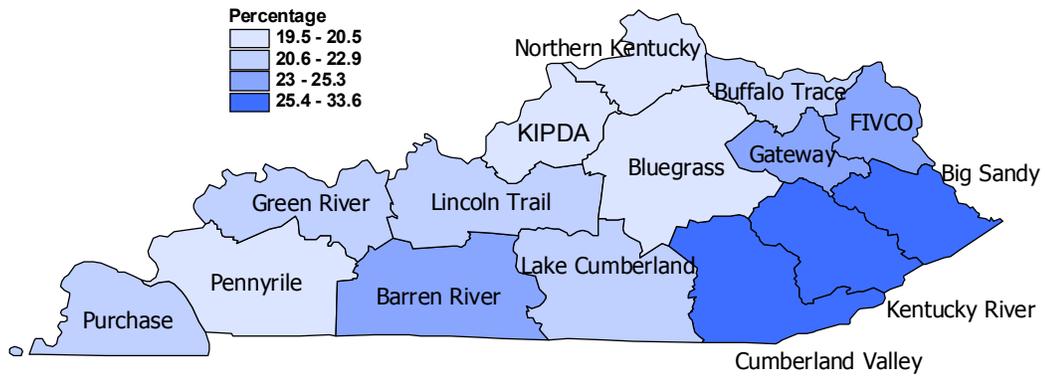
Missing, "Don't Know", and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic



Activity Limitation

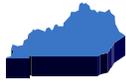
Kentucky BRFSS 2000 Report

Activity Limitation 2000 BRFSS Data by Area Development District



Activity Limitation by Area Development District Kentucky BRFSS 2000		
	%	95% (CI)
Total Kentucky	22.6	(21.3 - 24.0)
ADDs		
Barren River	24.9	(20.6 - 29.9)
Big Sandy	33.6	(28.3 - 39.4)
Bluegrass	20.1	(16.5 - 24.2)
Buffalo Trace	22.5	(18.0 - 27.8)
Cumberland Valley	33.0	(28.0 - 38.4)
FIVCO	25.3	(20.7 - 30.5)
Gateway	24.3	(20.2 - 29.1)
Green River	21.3	(17.2 - 26.1)
Kentucky River	31.1	(26.4 - 36.3)
KIPDA	19.5	(15.9 - 23.8)
Lake Cumberland	22.9	(18.8 - 27.5)
Lincoln Trail	22.4	(18.4 - 26.9)
Northern Kentucky	20.2	(16.3 - 24.7)
Pennyrile	20.5	(16.8 - 24.8)
Purchase	20.6	(17.0 - 24.8)

*The question on activity limitation was a state developed question, and not asked in the same format by other states. Therefore, a national median is not included.



Folic Acid: Women Who Do Not Take Folic Acid Daily

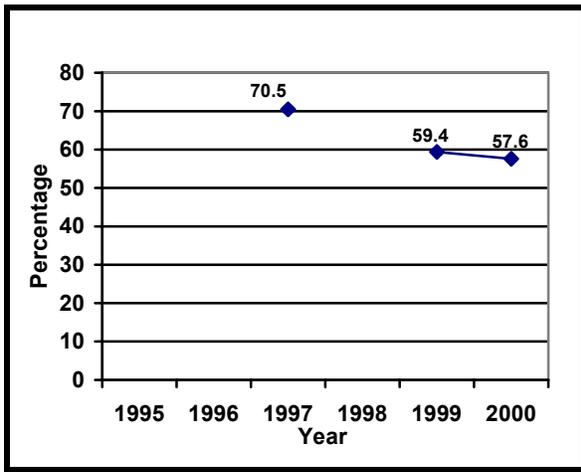
Kentucky BRFSS 2000 Report

Definition :

Women age 18-44 who do not take a vitamin or multivitamin containing folic acid daily

- In Kentucky 57.6% of women age 18-44 do not take a vitamin or supplement containing folic acid daily.
- The prevalence is very similar among White and African American women.
- Among the age groups, the highest prevalence of not taking folic acid, 60.7%, was among the 35-44 age group.
- The prevalence of not taking a folic acid vitamin increased with decreasing levels of education and income. Of women with less than a high school education, 73.6% do not take folic acid. This compares to 46.9% of college graduates.

Not Taking Folic Acid Daily, Women Age 18-44 BRFSS, Kentucky Statewide Data



Questions on folic acid were not asked in 1995, 1996 or 1998.

Not Taking Folic Acid Daily, Women Age 18-44 by Demographic Groups Kentucky BRFSS 2000

Demographic Groups	%	95% (CI)
Total	57.6	(54.1 - 61.1)
Race		
White/NH	57.5	(53.9 - 61.2)
African American/NH	60.9	(46.3 - 75.5)
Age		
18-24	54.4	(46.4 - 62.3)
25-34	56.3	(50.5 - 62.0)
35-44	60.7	(55.5 - 65.8)
Education		
Less than H.S.	73.6	(64.9 - 82.3)
H.S. or GED	61.8	(56.3 - 67.3)
Some Post H.S.	53.2	(46.4 - 60.1)
College Graduate	46.9	(39.3 - 54.4)
Household Income		
Less than \$15,000	68.1	(58.9 - 77.3)
\$15,000 - 24,999	66.0	(59.2 - 72.9)
\$25,000 - 34,999	54.6	(45.2 - 64.0)
\$35,000 - 49,999	52.1	(44.1 - 60.1)
\$50,000 +	47.9	(40.0 - 55.7)

Missing, "Don't Know", and Refused Responses are excluded.
95% CI = 95% Confidence Interval
NH = Non-Hispanic

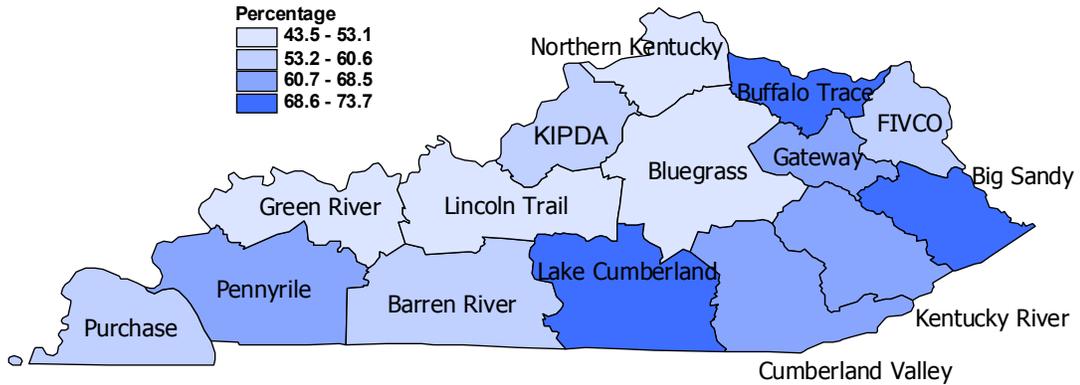
- The percentage of women not taking folic acid has decreased from 70.5% in 1997 to 57.6% in 2000.



Folic Acid: Women Who Do Not Take Folic Acid Daily

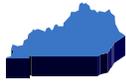
Kentucky BRFSS Report 2000

Not Taking Folic Acid Daily, Women Age 18-44 2000 BRFSS Data by Area Development District



Not Taking Folic Acid Daily, Women Age 18-44 by Nation, Kentucky, and ADD Kentucky BRFSS 2000		
	%	95% (CI)
National Median*	56.2	
Total Kentucky	57.6	(54.1 - 61.1)
ADDs		
Barren River	60.1	(48.2 - 71.9)
Big Sandy	73.7	(64.8 - 82.6)
Bluegrass	48.7	(39.1 - 58.3)
Buffalo Trace	73.5	(61.8 - 85.2)
Cumberland Valley	68.0	(58.3 - 77.7)
FIVCO	53.4	(34.5 - 72.4)
Gateway	62.6	(52.2 - 72.9)
Green River	49.8	(38.1 - 61.6)
Kentucky River	68.5	(57.8 - 79.1)
KIPDA	60.6	(50.4 - 70.9)
Lake Cumberland	73.3	(62.7 - 83.9)
Lincoln Trail	53.1	(42.9 - 63.3)
Northern Kentucky	43.5	(33.4 - 53.7)
Pennyrile	63.3	(53.1 - 73.5)
Purchase	58.6	(47.6 - 69.6)

*National Median is the middle value of the prevalence estimates from 17 states and Puerto Rico. The confidence interval is not available.



Folic Acid: Not Aware that Folic Acid Prevents Birth Defects

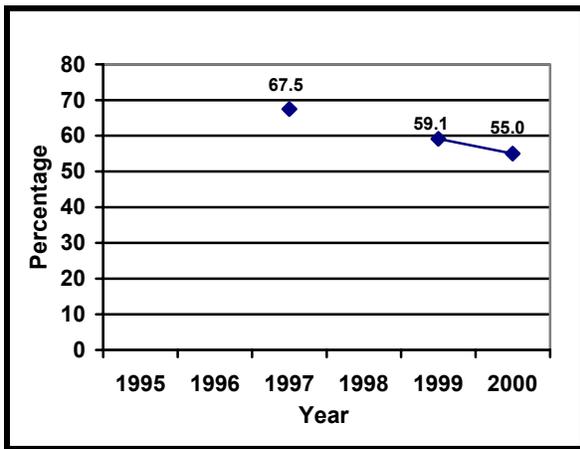
Kentucky BRFSS 2000 Report

Definition :

Women age 18-44 who are not aware that taking 400 mcg of folic acid daily helps prevent birth defects

- In Kentucky, 55.0% of women age 18-44 are not aware that folic acid helps prevent birth defects.
- Approximately 65% of African American women, compared to 53.5% of White women, are not aware that folic acid prevents birth defects.
- Among the age groups, the highest prevalence of not being aware that folic acid prevents birth defects is among those in the 35-44 age group, 61.5%.

Women Age 18-44 Who are Not Aware that Folic Acid Prevents Birth Defects BRFSS, Kentucky Statewide Data



Questions on folic acid were not asked in 1995, 1996 or 1998.

Women age 18-44 Who are Not Aware that Folic Acid Helps Prevent Birth Defects by Demographic Groups Kentucky BRFSS 2000

Demographic Groups	%	95% (CI)
Total	55.0	(51.6 - 58.4)
Race		
White/NH	53.5	(49.9 - 57.0)
African American/NH	65.3	(49.7 - 80.8)
Age		
18-24	56.4	(48.9 - 63.9)
25-34	46.4	(40.7 - 52.0)
35-44	61.5	(56.3 - 66.7)
Education		
Less than H.S.	78.4	(71.2 - 85.7)
H.S. or GED	63.1	(57.8 - 68.5)
Some Post H.S.	47.6	(41.0 - 54.3)
College Graduate	37.0	(29.5 - 44.5)
Household Income		
Less than \$15,000	60.0	(50.4 - 69.5)
\$15,000 - 24,999	64.5	(58.2 - 70.9)
\$25,000 - 34,999	53.6	(44.3 - 62.9)
\$35,000 - 49,999	50.1	(42.1 - 58.2)
\$50,000 +	43.0	(35.1 - 50.9)

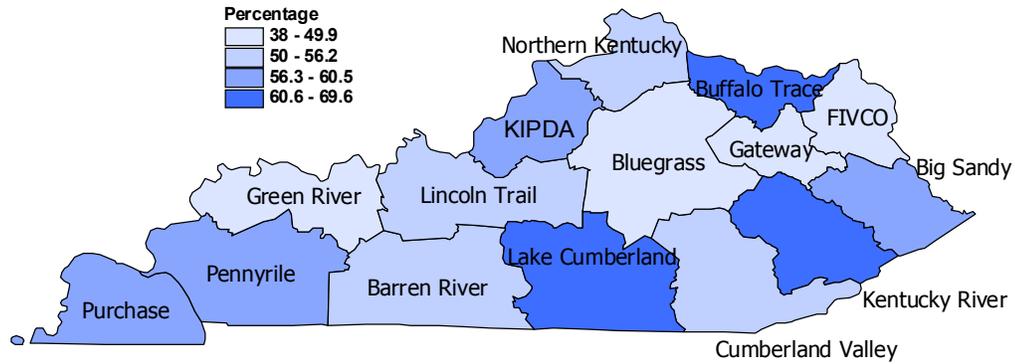
Missing, and Refused Responses are excluded.
 Respondents who answered "Don't Know " are included.
 95% CI = 95% Confidence Interval
 NH = Non-Hispanic



Folic Acid: Not Aware that Folic Acid Prevents Birth Defects

Kentucky BRFSS 2000 Report

Women Age 18-44 Who Are Not Aware that Folic Acid Helps Prevent Birth Defects 2000 BRFSS Data by Area Development District



Women Age 18-44 Who Are Not Aware That Folic Acid Helps Prevent Birth Defects by Area Development District Kentucky BRFSS 2000		
	%	95% (CI)
National Median*	59.4	
Total Kentucky	55.0	(51.6 - 58.4)
ADDs		
Barren River	55.0	(43.8 - 66.3)
Big Sandy	60.3	(50.4 - 70.2)
Bluegrass	47.8	(38.2 - 57.4)
Buffalo Trace	69.6	(58.1 - 81.1)
Cumberland Valley	53.2	(42.7 - 63.7)
FIVCO	38.0	(23.2 - 52.8)
Gateway	49.9	(39.2 - 60.5)
Green River	48.5	(36.9 - 60.2)
Kentucky River	63.7	(52.7 - 74.7)
KIPDA	60.5	(50.3 - 70.6)
Lake Cumberland	67.3	(57.2 - 77.4)
Lincoln Trail	56.2	(46.2 - 66.3)
Northern Kentucky	50.6	(40.3 - 60.8)
Pennyrile	57.5	(46.9 - 68.1)
Purchase	59.9	(49.6 - 70.2)

*National Median is the middle value of the prevalence estimates from 17 states and Puerto Rico. The confidence interval is not available.

APPENDICES



Related Objectives from *Healthy Kentuckians 2010*



<u>HK 2010 Objectives</u>	<u>Goal</u>	<u>Kentucky BRFSS 2000 Prevalence</u>
Overweight - 2010 Objective 1.1		
Reduce the prevalence of overweight.	25.0%	61.0%
Fruit and Vegetable Consumption - 2010 Objective 2.5		
Increase the proportion of people age 2 and older who meet the Dietary Guidelines minimum average daily goal of at least five servings of fruits and vegetables a day.	40.0%	22.7%
Current Smoking - 2010 Objective 3.1		
Reduce the proportion of adults 18 and older who use cigarettes.	25.0%	30.5%
Quit Smoking - 2010 Objective 3.2		
Increase proportion of cigarette smokers age 18 and older who stop smoking for a day or more.	58.0%	48.2%
Lack of Health Insurance - 2010 Objective 10.1		
Reduce to zero the proportion of children and adults without health care coverage.	0%	14.1%
Breast Cancer Screening - 2010 Objective 17.5		
Increase the percentage of women age 50 and older who have received a Mammogram and CBE within the preceding two years.	85.0%	69.8%
Cervical Cancer Screening - 2010 Objective 17.6		
Increase the percentage of women age 18 and older who had received a Pap test within the preceding three years.	85.0%	86.4%
Diabetes - 2010 Objective 18.2		
Decrease the rate at which the prevalence of diagnosed diabetes is climbing so that it reaches no more than 6% of the population age 18 and older.	6.0%	6.5%

**Comparison of 2000 BRFSS Sample
to 2000 Kentucky Population
Age 18 and Older**

Demographic Characteristics	Unweighted BRFSS Sample Size	Unweighted BRFSS Percentage	Weighted BRFSS Percentage	2000 Population Estimate Percentage
GENDER				
Male	2554	39.8	47.7	48.0
Female	3863	60.2	52.3	52.0
RACE				
White	6090	94.9	92.7	91.0
African-American	270	4.2	6.1	6.8
Other	45	0.7	0.9	2.2
Missing	12	0.2	0.3	0.0
AGE				
18-24 Years	515	8.0	13.1	13.2
25-34 Years	981	15.3	17.8	18.6
35-44 Years	1277	19.9	20.5	21.1
45-54 Years	1235	19.3	18.3	18.3
55-64 Years	1009	15.7	12.4	12.2
65+ Years	1386	21.6	17.7	16.6
Missing	14	0.2	0.2	0.0